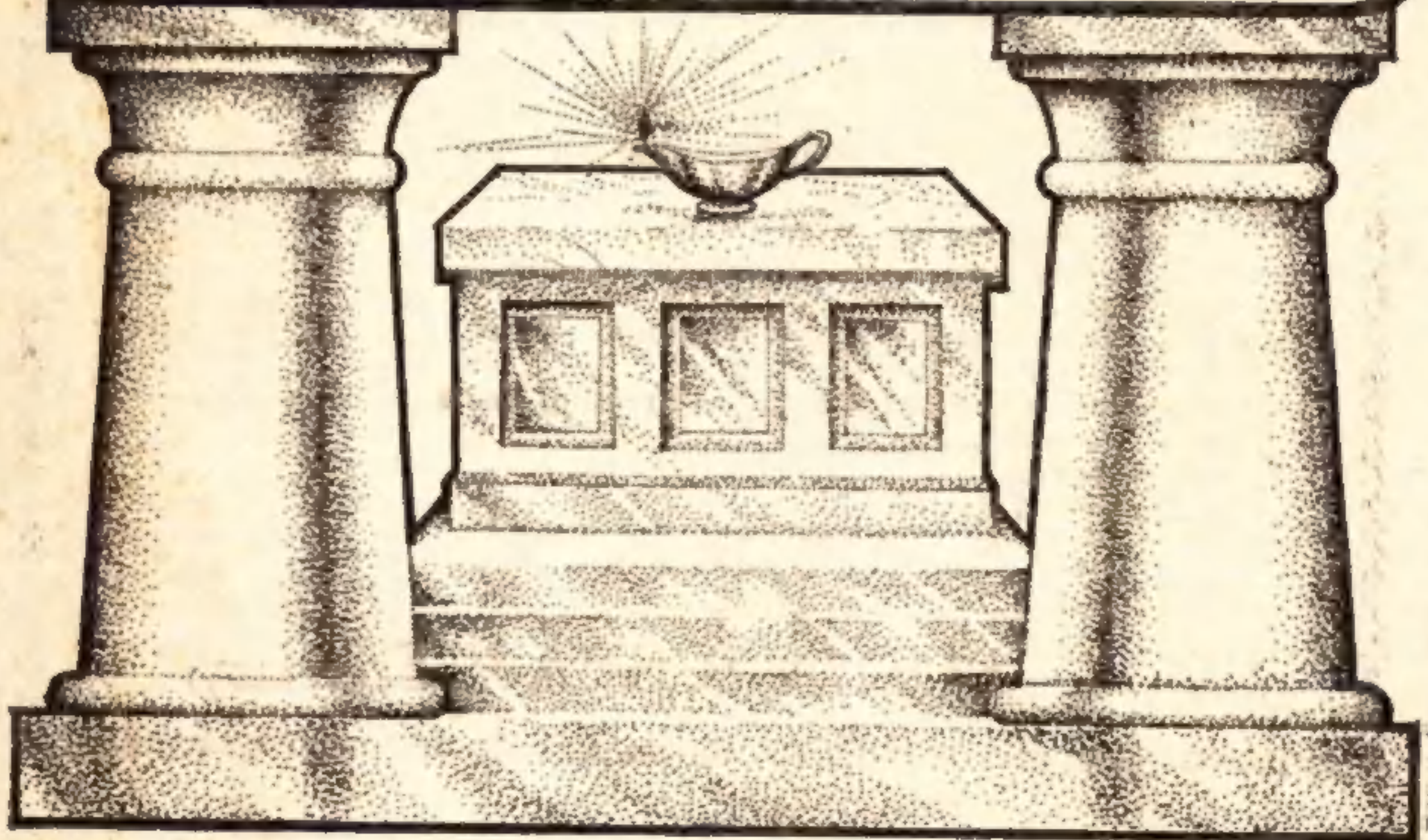


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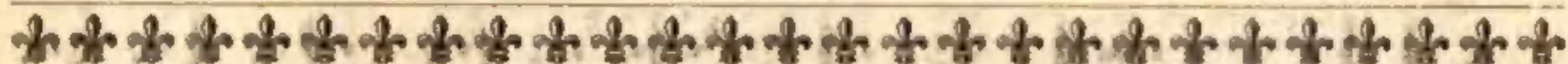
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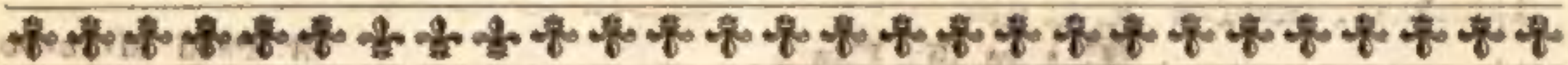


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The Northern Osteopath,

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Contributions

The National Association.

Wm. R. Dobbyn, Ph. D.

It was our first experience at a national association of osteopaths, and we went over to Milwaukee perturbed a little at the thought that we would be compelled to listen to a series of "learned" treatises or papers on abstruse subjects, couched in a terminology understandable only to those who had recently memorized Gould, and who had also surrendered valuable time in grappling with Riggs, Hazzard, Littlejohn, et al.

We were pleasurably disappointed to find all the members greeting each other in good and elegant American, and that they had the greeting and grasp of the hand which only those comprehend, who have burned the midnight oil in quest of knowledge, struggled on the campus in college games and marched to the echoing cadences and broken rhymes of college songs. Even in the papers read the effort to avoid the absolutely technical and employ the vernacular of the well bred American was observable, much, we think, to the credit of the apostles and prophets of the new system of healing.

In looking and judging of this convention of osteopathic physicians, we have the advantage of not being a physician. "To see ourself's as ithers see us" and all its impossibilities, can be charged up against every other attendant of that conclave except against this scribe. We belong,

in this instance, to the "others" and what we have to say, and we will not attempt much, will be written from the view point of an outsider.

The Hotel Pfister had been made ready for the association. An ample assembly hall had been provided wherein President Booth, at the hour appointed, called the members around him and declared the sixth annual convention of the National Association convened. A few preliminaries such as an address of welcome from the mayor of the city, by proxy, and a response by Dr. Teall, and President Booth delivered his annual address.

Dr. Booth's address was just such an one as we would have expected from him after "taking stock" of his head and his face, after having noted the tone of his voice and observed the manner of his walking. His head and face betoken the scholar of attainment, whose fund of knowledge has been systematized, the cogent facts of which have been co-related, and all made available by the strengthening habit of reflection. In his voice we could discern the tone of caution which men, confronted so often by the insoluble mysteries which their own wide vision detects, acquire as a sort of modest, willing tribute to the unknown, while in his walk there was that measure of things which indicates the arrival at conviction.

Dr. Booth would be a stronger man in a convention of Americans had he not lost the aggressiveness, with his fine maturing, of a one time narrower vision. The possession of knowledge sometimes gives a perspective so great that men, free from overweening ambition, find comfort and compensation in the awe which it inspires, and too often lose that zest for conquest over their fellows which heats even the blood of age. Dr. Booth would lose in attractiveness if he were more of a gladiator, but he would be a greater force in the formative period of osteopathy if more assertive in its councils. Perhaps when the results of his intellectual life will be known it will be shown that he lived to enrich the calmer and more intellectual days of osteopathy. In any event he is a marked character.

We will not intrude upon the rights and privileges of the official journal by reporting his or any other address, even in an epitomized way. Ours was a tour of observation only.

It was evident from the first that a fraternal sentiment was in the ascendancy. Differences, sharp and well defined, there were in instances without number, but the clashes were exhilarating. The Liberal and the Conservative measured weapons in lusty fashion, but all was done to the glory of osteopathy.

Early in the forenoon of the first day a telegram was sent to Dr. Andrew T. Still, the founder of the science, congratulating him upon the growth of his school of healing and upon his seventy-fourth birthday, which was August 6th, 1902. A characteristic answer to this telegram was received a little later—"I hope you are all as happy as I am!" and with this incident as registering high tide in noble sentiment the association went on with its work.

The afternoon was very interesting. The framers of the program had arranged for what might be called an exercise in clinics, and Dr. W. D. McNary was held to the responsibility of providing the patients and attending to the details. His promptness and efficiency made not only this session but every other clinical session a success. Dr. Hildreth, Drs. S. S. and Ella D. Still, Dr. C. E. Still, Dr. Forbes and Dr. Nettie H. Bolles conducted the clinics to the satisfaction of all.

Dr. H. W. Forbes presented as a clinic a lateral curvature of the spine. This presentation was so appreciated that he was asked to repeat it, and subsequently did so.

Dr. W. B. Davis in a brief but comprehensive speech spoke of the Association and thereupon followed reports from the Board of Trustees, the treasurer and the Publication Committee.

The forenoon of the second day was made interesting by a very carefully prepared paper on "The Pathology of Certain Cervical and Dorsal Lesions," by Dr. J. W. Hofsess, and another of equal glow and warmth on "Fevers" written and delivered by Dr. Burns. These gentlemen have all the enthusiasm and zeal of youth and their performances were received with very flattering approval.

Dr. J. Martin Littlejohn's brochure on "The Physiological Basis of the Therapeutic Law" was one of those well thought out and closely reasoned documents which will ever rank as an authoritative utterance in osteopathic literature.

And Littlejohn is another striking character whom osteopathy has wooed and won—a man of singularly fine intellect, coupled with, and controlled by, a conscience sensitive and inextinguishable. Like Booth, much learning has made him modest, but, unlike Booth, once in the arena, he rejoices in the struggle. No champing charger ever more eagerly received the challenge of battle than does he the gauntlet of an intellectual foe. But he has to be aroused. He is almost diffident until his principles are assailed. Then the Huguenot and Scotchman reveal their characteristics in a fine union of daring consecration and tenacity.

Littlejohn's mind traverses a wide field. The minutest details are important to him in establishing a proposition, but he never trifles nor falls by the way. The end of the journey he knows is somewhere ahead, and nothing short of its completion satisfies him. He looks like, and writes like, William Ellery Channing. Like the Boston divine his intellect always takes account of his sentiment, and his conclusions invariably represent the whole man. Littlejohn has very little thought of self-promotion in what he does. He is a student of books rather than of men; an investigator rather than a compiler; a thinker rather than a speaker, and with all and above all, a man who is intellectually and morally honest. He has the Huguenot's spirit of self-sacrifice and the Scotchman's tenacity of purpose, making him an admirable advocate for osteopathy as osteopathy is conditioned today.

The open parliament was a very interesting feature to us, for this feature was very generally utilized by the members of the association. The intellectual vigor and splendid earnestness of that body of men and women was a delightful manifestation. It gave us confidence in the association and confidence in osteopathy. Such incisive men as Drs. S. S. Still, C. E. Still, Hazzard, Forbes, Hofsess, Reid, Liffing, Hildreth, Bolles, Hulett, Young, and many another one well worthy of mention, would unsheath their swords and give us an exhibition of intellectual fencing quite after the best order, and every cut and thrust was given and made, not for personal triumph, but in the interests of the science of osteopathy. It was a model convention in this respect. We felt that every osteopathic physician would have been proud of his profession and its national organization had he been present.

The afternoon of the second day was well occupied by a paper from Dr. C. E. Still—"Pelvic Tumors," which gave unusual satisfaction and elicited earnest discussion. An enjoyable ride to Whitefish Bay and an excursion on Lake Michigan afforded a few hours' outing for the hard worked members, and in the evening of the second day the association was addressed by Dr. Marion E. Clark on the subject "How Bony Lesions Cause Pelvic Disease," and thereafter the place for holding the next convention was settled, Cleveland, Ohio, winning out by a good majority.

The morning session of the third day was opened, we think, by Dr. Ella D. Still, who conducted the clinic. A woman of very pleasing address, she immediately became popular. She, and Dr. Nettie Bolles who read a very finely written paper on "Prognosis," have the happy faculty

of coloring with a delicate tone of femininity propositions as daring, and reasoning as profound, as befits any dignified discussion. This one quality alone would delight the "Lords of Creation," even if lacking, as they certainly were not, in literary and scientific merit.

On the afternoon of the third day "The Symposium of Practice," by Drs. Bernard and Young, of St. Paul, was one that will be remembered for a long time. Dr. Bernard cleverly exploited what most osteopathic physicians proclaimed as acceptable, and was well received. Dr. Young, however, had nursed some ideas on mooted questions, and had become possessed of them, and in a fervent manner pronounced his convictions. Dr. Young puts a liberal construction upon the system of osteopathy and ardently advocates the broadening of the meaning of the term. He had a place for hydrotherapy and electrotherapy, or any natural agent for healing, under the aegis of osteopathy. His well written paper was regarded as a challenge to the conservative or "lesion" osteopaths, and it precipitated the most entertaining and animated discussion of the convention. The strong men of both wings sought the floor, and it required the skill and attention of the President to keep order, and allot to each his "turn and time." Such men as Hazzard, Hildreth and Hulett criticised the paper, while such as Freeman, Pickler and Littlejohn sustained Young in his contention. It was a battle of the giants in which much that was profitable to both wings was brought out.

We have spoken principally of that which gave us entertainment. We have not touched upon that part of the transactions of the association in which we have an anxious interest. We refer to the report of the educational committee. That the association should declare for an advanced and advancing standard for our colleges we most earnestly desired; that the association should administer a rebuke to all short term schools, and place its indignant heel upon the "fakirs" who mislead the public and in the name of osteopathy bring disgrace upon those who worthily practice it we also desired, and that another and stronger impulse should be given the association to capture public opinion by teaching the people what osteopathy is and what it does, kept us on the anxious seat. We can assure our readers that in all these respects the Association measured up to all that any progressive man, well weighing all interests, could desire. The colleges of osteopathy will be lifted up by the declarations of the educational committee. The demand was made for a higher scholarship of the future graduates. And this is well.

Osteopathy has now better equipped institutions of learning than it ever had before. It is better entrenched, as a system of healing, than ever before. It has a responsibility, a dignity and a reputation, greater than ever before, to discharge and protect, and, realizing this, the educational committee, and by its endorsement, the Association, made demands for the elevation of the standards "all along the line."

This is the most gratifying memory we have of the sixth annual association of the osteopaths.

The uniform courtesy extended to us as the representative of one of the osteopathic publications was gratifying, and we bade the members farewell not thinking so much about the parting as of the pleasure we hoped to have in meeting them again at Cleveland when the seventh annual association will recognize the gavel of authority wielded by Dr. Teall, the honored president.

The Health Department Endorsed,

Dr. Ida F. Rosencrans.

The Managing Editor has handed over to me for editing the letter hereinafter appearing, written by Dr. Rosencrans. It certainly gives me great pleasure to learn that such a clear and discriminating thinker is glad of the presence of the Health Department.

I think she hits the nail squarely on the head relative to the proper attitude of the osteopath toward physical culture. Drs. Bynum and Bailey, in the Journal of the Science of Osteopathy, have recently expressed similar sentiments and have described some movements that the patient could execute for certain diseases.

The remarks on the vaginal douche are well worth the consideration of every practitioner in the healing art.

The ideas relative to the best method for ridding the colon of accumulated filth seem to differ somewhat from those expressed in the August Health Department. I shall try to give Dr. Rosencrans' plan a further trial, and if it works without any serious drawbacks I may be constrained to adopt it. In my limited experience, however, I have found some patients who seemed not to be able to retain even a pint of water injected into the rectum, and others who would seem to pass all extraordinary quantities of water taken into the stomach through the kidneys without affecting the bowels, though I know of some instances where three or four pints of water swallowed at a single sitting acted as an

enema and I consider this the best way to clear out the bowels where it will work.

I think the colon tube, to a considerable extent, does away with the objections urged to the large enema. Perhaps we use the large enema too much, but I cannot now see the way clear to do away with it entirely.

The letter is as follows:

Kalispell, Mont., July 15, 1902.

Editor Osteopath. Dear Sir:

I am glad you have added the Health Department to the magazine. I have advocated and used water in my family and in my practice and have been pleased with the results. By the use of the morning cold sponge, followed or preceded by as much physical exercise as one has time to take, will do so much for persons who are nervous or who take cold easily. I do not believe in the habitual use of water in the way of vaginal douches or enemas. When a patient has a case of chronic constipation, I prescribe a small daily enema, a pint for an adult, one so small that it can be retained, until osteopathy, diet, and water taken between meals, have time to cause a natural movement of the bowels. The enema softens the fecal mass, increases its volume, giving it a consistency and shape which renders it more easily passed along the colon. The large enema irritates the colon to such an extent that it violently expels its entire contents, water and stool, before the hard, knotty mass has had time to be softened and disintegrated, and the rectum suffers greatly. In time the use of such quantities of water seems to actually paralyze the colon by over-distention and one feels it as a large, lifeless, flabby tube incapable of performing its natural functions. I can never believe in even an occasional "flushing of the colon." We have tried too much to improve upon nature. It is far better occasionally to restrict one's diet and drink very liberally of water, either hot or cold. Nature will then do her own "flushing." And I wish I could speak with a loud, clear voice that might be heard and heeded all over this broad land and I would utter a word of warning against the use of the vaginal douche. One meets so many women who "would not feel clean if they did not take a douche after the menstrual flow." Still, others, more cleanly (?) take one daily, and it seems to me they present the worst cases of uterine troubles with which one has to deal. The vaginal wall is relaxed and flabby, all tone some other malposition. As if nature had erred in not making some arrangement for such douching! I wonder at times why some one has

not tried a daily irrigation of the bladder as well. In acute congestive uterine or ovarian conditions a few very warm douches are of decided benefit. One may also find some chronic cases in which a very hot douche used daily for a few days at the beginning of the treatment gives good results, but I firmly believe continued douches are an obstacle to a rapid recovery.

I rejoice to hear the various osteopaths speak a good word for physical culture. While I do not believe in taking physical culture exercise without knowing what one needs for his or her own case, I am very sure we, as osteopaths, can often advise a few simple exercises that will assist us in shortening the time necessary to effect a cure. One does not need to have taken an extensive course in gymnastics or athletics to do this, either. Subscribe for some good magazine or buy a book containing a system which you like and by a little thought and study on each case you can readily advise your patients what to do. Some patients will do anything one advises them to do. Others will not try even the simplest means at hand. We must take them as they come and try to do our best always, not alone because professional success means financial success, but because of the sweet satisfaction which rewards one who has been good, but these three things are essential. Nowhere is this more true able to relieve human suffering.

I enjoyed the June number of the magazine very much and it is a good one for circulation among patients.

Sincerely yours for the cause,
IDA F. ROSENCRANS, D. O.

Kalispell, Mont.

Some Essentials of Success,

Miss Louise Burns, B. S.

Success in anything must stand upon three feet—knowledge of facts, perception of the true relationship between these facts, and the ability to apply this intelligence to the duties of the day. Isolated facts are as useless as isolated electric fixtures, while knowledge without ability is about as valuable as a treasure ship at the bottom of the sea. Many things are true in the practice of osteopathy. In other callings a moderate amount of success may be attained dependently. No one expects a carpenter to compute the absolute strength of the timbers he uses. All that has been done long ago. One carpenter does about as all carpenters do. We believe the one because we respect the ability of the trade. Who expects a

lawyer to explain the significance of his "words of learned length and thundering sound," or the doctor to tell the nature and effect of his drugs? Sometimes an anxious friend will meekly ask what medicine is being given the sufferer, but such a one must usually be satisfied with the not unwisely brief reply: "Hypo—something of 'notherdrug."

All the learning, real or imaginary, all the dignity, true or false, and all the respect, whether justifiable or superstitious, of centuries of conservative acquiescence bolster up the words of the lawyer, the minister, the medicine doctor—but not the osteopath. He alone must build his own success, and must build it from the first foundation stone to the tip of the weather vane.

This is a hard thing for the osteopath, but if he has eyes to see the absolute necessity of hard study and rigid training, then it is a very good thing for him. It is a hard thing for osteopathy in general, since the failures of ignorant incompetence do not rest only upon the shoulders of the unwise and unskillful. Yet, if this makes our colleges and state boards refuse recognition to half-trained, irresponsible bunglers, then it is a very beneficial thing both for the new science and for the dubious world it seeks to heal.

Osteopathy has committed "the unpardonable crime of being young." No mercy, then, will be shown one of this school who lacks the least of the requirements of etiquette, culture, wisdom or skill. A fairly good general education ought to be required of every student who enters a school of osteopathy. He should have at least the culture and knowledge afforded by an average high school course. Now, many young men and women come among us who have not this training. They would consider it an injustice to be sent to high school for four years. For their sakes it might be well if schools of osteopathy were to offer sub-freshman courses in physics, botany, comparative geology and Latin.

The first professional study to be taken up must be that of the normal human body. It has been said that the whole science of osteopathy rests upon anatomy. If it be remembered that physiology is indissolubly associated with chemistry, that histology is the key to pathology, that the abnormal is but a variation of the normal, then, since a knowledge of these rests upon a correct understanding of gross structure, we may say that anatomy is the foundation of osteopathy. In like manner, however, it may be said that cytology is the basis of osteopathy. More and more the real unity of life is being admitted. Life is life, whether one considers frog or philosopher. The lowest forms of animal and vegetable

life present in the simplest manner the physiological functions characteristic of higher forms of life. If we should call the lower forms the primer of life, then our own bodies would be the history of the world. Evidently, it is advantageous to learn to read in the primer before beginning the history of the Punic wars. Biology is a profitable servant, returning ten-fold the amount of time and interest entrusted to its keeping. The real secret of the art of healing must be found in the study of all physiology.

Not less important than a knowledge of the normal is certainty of diagnosis. Many ages ago, in another world than this, a young lady fainted. A person who happened to be near said, afterward: "I didn't know what was the matter with her, but I worked her neck a little, and she came to herself pretty soon." He called himself an osteopath. "May his shadow ever grow less, and the sun never shine on his followers." One might as well expect a cook to roast a turkey by following a recipe for pickled pears as expect an osteopath (or any other 'opath) to effect a cure when he doesn't know the disease. The osteopath must be able to locate the trouble. He must find, if possible, the original lesion, and must determine the present and prospective results. Only then can he expect to apply the treatment appropriate to the case in hand.

Besides the methods of diagnosis ordinarily employed by physicians of the older schools, the osteopath has ten most efficient assistants. His fingers are thoroughly trained to note the slightest deviation from the normal structure. So skillful are these that they alone often locate the real trouble. Nevertheless, they are not always infallible. Like other physicians, the osteopath must be quick to recognize abnormal sounds of heart and lungs, the odors characteristic of certain diseases; everything that can give him a clue to the character of the disease he is trying to eradicate or to the habits and peculiarities of his patient. In recent years chemistry and microscopy have been steadily advancing in efficiency in this line.

Analytical chemistry is ■ most useful servant at times. The knowledge gained by analysis of the various secretions of the body is often of the utmost importance, both in diagnosis and prognosis.

The osteopath may employ with profit the instruments used by all reputable physicians in making examinations. The ophthalmoscope, for example, may advise him whether to treat congested cerebral blood vessels, or to send his patient to an oculist.

Perhaps, in the next decade a microscope will be as necessary to

the physician as a theodolite is to the surveyor. Every one of us ought to own, or at least have access to, ■ microscope of sufficient power to render visible the various forms of bacteria. This, of course, necessitates the possession of the needful stains and reagents. A small laboratory fitted up with everything needed for professional work in chemistry and microscopy is within the reach of almost any doctor with an average practice. The first expense is the greatest. Indeed, hardly any expense is unjustifiable if it add to one's usefulness.

These things are not luxuries of modern practice. They are the tools of a conscientious practitioner, a "workman that needeth not to be ashamed." Surely the physician, if any one, needs to be "thoroughly furnished to every good work." Success in the practice of osteopathy must rest upon three things: First, a knowledge of that hypothetical thing, the normal human body and of the abnormal condition of each patient; second, a perception of the relationship existing between the normal and the abnormal; third, the ability to apply the treatment which must cause the abnormal conditions to be replaced by the conditions normal to the individual.

Department of Histology,
Pacific School of Osteopathy.

Spinal Curvatures, Dr. F. H. Williams.

To the osteopath there is no more interesting class of diseases than that of spinal curvatures. Interesting, because of the large number of cases which come for treatment, because of the favorable results following treatment, and also because the older forms of treatment, i. e., with the brace or jacket, offer so little to the patient. Indeed, we are forced to believe after a close observation of cases treated in this way, and the lack of favorable results, that the brace would fall into complete disuse if there were another thing left the regular practitioner to prescribe in its place.

The patient's cry against these torture harnesses is hushed because he is told that it is his only hope and the brace is worn until it is found intolerable. How many an attic corner is adorned with an expensive but worthless orthopedic brace, and how many ■ patient has been made a nervous wreck by its use we shall never know, but we know that the cases which come to us after wearing a brace are weak, nervous and

worn, with ugly sores on their sides and yet when put under the care of an osteopath for a few months gain strength and form and if not too far advanced, entirely recover.

It is a singular fact that the best authorities in orthopedic surgery discourage the indiscriminate use of the brace and in a vague sort of way advocate mechanical treatment, yet when these cases come to the general practitioner for treatment, in the vast majority a brace is prescribed. The question then arises: To whom shall the little one be taken for treatment. The osteopath has no real competitor in these cases, because the system embodies all forms of scientific manipulation at present known. Massage is often mentioned, but a masseur knows about as much about the minute anatomy of the spine as a peasant knows of the chemistry of the soil.

The various kinds of spinal curvature need no special attention here, as the same principle is to be applied in the treatment of every case. The age of the patient, the cause and extent of the curve guide us in making our prognosis. In a few words, the condition is always one of over-development or under-development of certain groups of muscles of the back. The plain and indisputable physiological fact that muscular tissue can be stimulated and developed through active and passive movements is sufficient to prove the correctness of our assertion that these cases are curable and without an orthopedic appliance. (We take it for granted that the doctor intends to exclude those cases where osseous deformity or ankylosis exist, also tuberculosis, as indicated by the note at the end of the article.—Editor.)

A few cases which have been under my observation will serve to illustrate the practical side of this problem.

Case 1—Miss D—, age 16, had been examined and her condition diagnosed kyphosis, which for two years had seemed to be growing gradually worse. Her trouble dated from a strain brought on in lifting a heavy baby. A brace was prescribed and school work was interdicted for a year. A dislike for the fettering brace and a desire to be in school caused her to seek other advice. I found that the condition had been correctly diagnosed, but in beginning the treatment I permitted the patient to continue her school work and treated her three times each week. Passive and active movements were given the weakened muscles and by repeated adjustment of the misplaced parts in three months there was a decided improvement in the patient's condition. In five months no objective symptoms remained and the back, which had been very weak,

caused her no discomfort and seemed as strong as ever. Eighteen months afterward I examined this patient and no sign of a previous deformity could be detected.

Case II—Little Miss H—, age 11. No history of causative influence could be obtained. The curve was a scoliosis, with marked convexity in the upper dorsal region and a compensatory curve to the left in the lumbar region, with slight shortening of the left limb. Areas of deficient development were plainly marked and treated as in case No. 1. Stimulating treatments were given to the shortened and undeveloped limb. Systematic exercises were given every day and, somewhat to my surprise, in less than a year it was necessary to remove a lift that had been placed on the foot to prevent a limp. The spine is strong and no deviation can be seen.

These are not exceptions to the rule in every day practice and such results cause us to congratulate ourselves. Some cases have come to us for treatment as late as the fortieth year of age. These patients have shown remarkable improvement in strength, but that is about all that should be expected. Cases of spinal curvature which have followed poliomyelitis have not been disappointing to me and excluding caries of the spine, I think we have a treatment which has no equal for spinal curvature.

"Medico-Osteo."

Dr. Jos. H. Sullivan.

Noting a controversy, pro and con, in two of the osteopathic monthlies as to the advisability of adding a little wee bit of medical instruction to the osteopathic curriculum serves as an excuse for the writer's appearance at the mouth of the cave.

Some of us are ordained to teach, some to advise along the beaten way, while many can do little but protest, and when tired, just protest some more. The writer may be entered in the protestor class.

The incentive for the most vigorous protest at any time is and always has been those "sly glances," the flirtations with the medical contingent carried on by the individuals, who, apparently, should have matriculated medicinally rather than osteopathically.

Little Red Riding Hood, with her trials and tribulations, has made us all weep in our young days. Her demise was awfully complete. Rest assured such will be the grand finale of those of our number who stop

and listen to the sweet, seductive overtures of the medical wolf.

In the periodical advocating a course of "Materia Medica," on one of the pages we read an essay on "Diet in Rheumatism," discussing everything as having a bearing on the disease in question except something osteopathic. Straw is re-thrashed which has been thrashed over and over for one hundred years without so much as one step forward having been taken. Osteopathy cures rheumatism while ignoring the question of diet, presuming, of course, the patient has God-given common sense.

The main desire of the gentlemen on the side of those advocating the course in "Materia Medica," as they put it, is to be better equipped to explain why not to give drugs.

If this position is sound, why would it not be a humane thing to go down and sit on the crater of Mont Pelee and become better equipped to warn others not to go there, or blow out the gas in our room that we may be fortified with knowledge? Neither is necessary, nor is it necessary to apologize for not giving drugs. Your patients "DON'T WANT DRUGS." They tell you so every day; they are even averse to a simple enema to start matters, having learned it is made unnecessary by osteopathic practice.

It has been said by some, that only the grandmas in the profession are averse to any instructions in "Materia Medica." Who are the grandmas? Our science has only been prominently before the people about ten years; there are no grandmas as yet.

We are just learning to toddle, and we cannot be too careful how we toddle and what company we keep. If we keep dangerous company we may be pushed over on our faces and break them; therefore, let us play in our own yard and keep the gate closed so we may develop and wax strong in osteopathy.

If there are any grandmas they will be found very busy practicing osteopathy—not drugging, nor even going into dietetics.* Their fame is widespread and when not busily engaged in practice, they clip their coupons and try to look up suitable investments for the accumulated needful.

If the embryo osteopath will be a success, let him emulate the example of the grandmas and he will be a success; don't worry about your ignorance of drugs, you really know as much regarding their exact effects as any physician. Of the sum total of the bad effects you cannot hope to acquaint yourself, except by years of practice in medicine. Medical gentlemen of long experience tell us this.

The real believer in the efficacy of drugs is the young graduate in medicine just from college. He will disdain even to debate the bare possibility of his not being possessed of all knowledge with which to cope successfully all diseases. After a few years he wears a headgear, size 6 7-8, instead of 7 1-4.

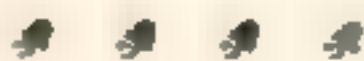
The osteopath is not expected to have a medical knowledge. If he has one it will not make him practice. On the contrary, it will often contaminate our osteopathy and will even cause people to assign us to the "Jack of all trades" class, especially when it is realized that the field of proper osteopathic research is as wide as the universe. This being true, it will be patent that if one gives osteopathic principles due attention no time can be spared running up the alleys and by-ways in pursuit of the "Will o' the wisp" termed *materia medica*.

Materia medica as an organized method has come down to us principally as the result of careful intrenchment behind the breastworks of intolerance, the appropriation of the Latin tongue in prescription writing and, more than anything else, the almost perfect fealty to each other through the ethical code in all their dealings with each other. Who has not seen evidence of this at some time, say when he wished to change doctors or sought to criticise one of their number.

*We regret that we cannot coincide with Dr. Sullivan as to "going into dietetics."—Editor.



The Editor's Own,



Dr. J. A. Still, Des Moines, Editor-in-Chief.

College Expenses.

The wonderful growth and development of the new science of osteopathy has led many inquiring minds to look into its merits and in many bright young people there has been awakened the desire to secure an osteopathic education. Many have done so and are out in the field doing successful work, an honor to the profession and a blessing to humanity. Others, on account of limited means, have been deterred from entering upon the work for fear that they would not be able to prosecute it to a successful issue.

To such we wish to say that it is not so much a matter of means as a matter of determination. There are hundreds of practitioners in the field doing good work who have made their way in whole or in part while in school. It is not so much a matter of cost or expenses as it is a matter of pluck and good business sense. Neither is it always the cheapest course or the one in the cheapest locality that is the easiest to acquire. An addition of \$100 or \$200 per year to one's expenses is nothing if opportunities are afforded for making double the amount or of saving that much by a little business management. \$300 for tuition, besides living expenses, for two years and the necessary expenditures for books may look at first thought like an almost insuperable barrier to some who are really anxious to take the course. But even a casual examination would reveal the fact that great numbers of students have easily surmounted the difficulty.

In a city like Des Moines, with 75,000 population, with innumerable opportunities presenting for the enterprising young man or woman, there is really no reason why any one should give up in despair. In the simple matter of waiting upon tables alone in the numerous restaurants and boarding houses in the city, scores of students have been able to get good board, with comparatively little or no loss of time, for the exercise is not more than is required of one who is hard at work upon his studies. Some of our brightest students have availed themselves of these opportunities, reducing their expenses to the minimum. With good meals provided for, the other two items of books and room rent can easily be met.

In other instances, men with families, or husband and wife, where both are taking the course, have rented houses with two, three or four rooms more than needed for their own use and by subletting these furnished to other students who were not caring thus to economize or to other parties in the city as clerks, etc., have been able to make back in part or in whole their own rent, thus insuring a comfortable home for themselves at comparatively little or no expense.

Others have found employment during odd hours in the large stores of the city, such as apartment stores, clothing stores, shoe stores, and the like; others as stenographers, electricians, printers, etc., etc., aside from those who have done work as tutoring and other work in connection with the college. Of course this latter is limited as compared with the multitude of openings in the city, and yet the college has always shown a friendly and helping spirit to all so far as in its power.

To give a few simple illustrations: A student last year, whom we will style for convenience Mr. A., rented a house of six rooms near the college for \$16.00 per month, assuming of course the responsibility for the whole. He sublet the three rooms upstairs for \$10.00, reducing his own rent to \$6.00, and this without additional cost for furniture. Another instance: A house of eight rooms, about four blocks from the college, was rented by a family of three for \$26.00. They reserved for themselves three rooms down stairs and the son occupied one of the rooms upstairs with another young man. The other rooms were rented furnished for \$31, including the amount received from the room occupied in common with the son. Some additional expense for fuel and lights must be deducted, however, from the receipts as well as some allowance made for use of furniture. These are but instances that might be multiplied indefinitely and are by no means impossible of repetition.

They are merely suggestive of the many ways in which one who is determined can make his way through if he is willing to put forth a little strenuous effort.

In this connection it may be well to recall the career of James A. Garfield who, though poor, was determined to have an education. He was independent and did not want to receive aid from his relatives without compensation, and accordingly borrowed the money, giving his note and taking out a life insurance policy in favor of his friend, so that in case of his death the friend might not be the loser on his account. The writer is acquainted with a minister who some years ago went through the Northwestern University not only paying his expenses, but clearing \$700 the first year above expenses and having ■ considerable bank account when he got through with his course. This was an exceptional case—perhaps a record breaker, but it illustrates the possibilities that open to the determined spirit.

It is needless to multiply examples, but if there are any who are interested in such a course we invite you to correspond with our secretary, Col. A. B. Shaw, who will be pleased to give such information as you desire; or better, if you can visit the institution and the city and make inquiries on the ground it will be better than correspondence.

We speak of Des Moines and Still College both for the reason that we are interested and because we know of what we speak. We may also add, because we are interested in your welfare and that of the new science of osteopathy, for we know of no school or city that offers superior facilities.

Dr. Buckley in Iowa.

Dr. J. M. Buckley, editor of the Christian Advocate, the leading publication of the Methodist church, made a recent tour of the Iowa Methodist colleges, and upon his return to New York summed up his observations which were indeed quite complimentary to these institutions. Dr. Buckley was not only impressed with the excellent character of the schools, but particularly with the relatively small expense to the students, as compared with similar institutions in the east. His observations of the state of Iowa as a great educational centre were also flattering to the state.

One of the institutions which the Doctor was unable to include in his present visit was the Iowa Wesleyan at Mt. Pleasant. Fortunately we are able to speak a good word for this institution, as one of our professors, Dr. Geo. E. Moore, A. M., M. S., is one of her graduates. We regret that Dr. Buckley was unable to visit it as he would certainly have been repaid for the trip across the state.

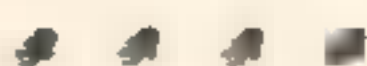
We have also a kindly interest in the Iowa Wesleyan from the fact that another of our professors who has won a high place in the estimation of the students and faculty of Still College, Dr. Blanche I. Thornburn, A. B., has been called to the chair of English Language and Literature in that institution.

According to the reports of Wutzdorff, who has been making somewhat extensive investigations for some time past, there is an alarming increase in the number of deaths from cancer. In Germany in the last seven years he reports an increase of 18.5 per cent; in England, from 1881 to 1889, increase in deaths, males 56, females 32 per cent; with considerable increase also in the United States and Switzerland. If these statistics be correct it seems the more important that investigations of this dread disease be even more diligently pursued.

In reviewing the new text on Electro-therapy by Jacoby recently published as one of Cohen's eleven volumes devoted to non-medicinal therapy, we are much surprised to see the author establish his book upon the theory that electricity is a fluid. He deliberately informs us that we should no longer attempt to solve the mystery of dynamic electricity upon the "two fluid theory," but that its phenomena should be regarded from the standpoint of the "one fluid theory." A fluid is a material and electricity is a vibratory mode of motion of any medium through which it may pass, and a teacher can not better mystify his pupils than by speaking of electricity as a fluid, for the pupil will ever after be confused with the idea that electricity is a matter and not a vibratory mode of motion.



Health Department,



Dr. C. W. Young, Ph. B., D. O.

Thought Arousing.

One of the most valuable articles that I have read lately was written by Louisa Burns, in the Northern and Cosmopolitan Osteopath for July, on the subject of "The Physician and Evolution." It doesn't tell you everything the writer knows, but it suggests many things for you to think out for yourself. I presume that if I were to have a personal talk with the writer we would agree on the items hereinafter mentioned. I am sure, from the elevated tone of the article, that the writer herself has the right ideas, but there were several things touched upon that appeal to me as deserving more extended discussion.

Strict Hygienic Living.

Dr. Burns intimates that perfectly hygienic living might not be greatly beneficial to the race as a whole, and in support of the proposition argues, first, a strict hygienist suffers more from slight indiscretions than does a person of ordinary habits, and second, there are earnestly coveted gifts of more value than perfect bodily health and can be obtained only by a sacrifice of such health.

Adaptation to Unhealthy Surroundings.

I will freely admit that the strict hygienist appears to suffer more when assailed by poison than the man who is accustomed to such poison. One who never has used tobacco is made very sick by his first cigar. The opium fiend seems to enjoy taking such doses of his favorite drug ■

might throw the strict hygienist into a stupor from which he could never be aroused. Drug dosing as a rule has to be increased ■ the patient becomes accustomed to it.

A few months ago, as I was slowly getting the better of a serious digestive disorder that had been caused by lack of strict hygienic living I thought that I could gauge improvement by my capacity to digest unhygienic food in large quantities, such as candy and pastry. Much to my surprise, the healthier I became the sicker I would get after any such tests. I have become a most determined user of fresh air. Last winter I slept in an unheated room with my head on a level with an open window less than three feet away. I now find that my discomfort becomes very intense if I remain in a poorly ventilated public hall for any length of time, while there may be many others in the hall apparently having much poorer health than I who seem to feel no discomfort whatever.

Nature's Warnings.

These observations lead me to believe that nature is kinder to the strict hygienist than to the person of ordinary habits. She rings the bell of warning louder and much more promptly for the one than for the other.

Poison Never Supplies Strength.

It is impossible to adapt one's self to unhygienic surroundings without resulting injury. You cannot put your hand in the fire without being burned. The idea that one can get so accustomed to things noxious to life that he can become tougher and stronger than the man who avoids such things, is a tremendous delusion which is leading thousands astray every year. Every draught of opium or narcotic or alcoholic spirits, every breath of foul air, every excess in eating, always causes injury to life.

One may be so accustomed to breathing foul air that he may be unconscious of an immediate bodily suffering resulting therefrom, but such breathing constantly persisted in will surely cause disease and premature death.

Sacrificing Health.

One of the greatest heresies in the minds of the human race is the all-prevalent belief that our bodies are worthless and that they may rightfully be sacrificed at any time for beneficial purposes that are supposed to have more value than health.

We will admit that blood may be a rightful price to pay to save one's country. Men, like the wild animal, may have to lose health or life in

a struggle of self-defense against some enemy, or to obtain the actual necessities of life; but, oh! the unutterable folly of the constant subordination of health to the thousand and one other objects in life that are of no value when health is gone!

We can never retain health until we appreciate its value, and what a commentary on the intelligence of civilized humanity that in more than ninety-nine cases in a hundred such appreciation is wanting until the health is gone! All young people should visit our hospitals, which are constantly increasing in number and are always overcrowded. Let them see the slow torture of disease as it racks the bodies of many thousands. Let them hear the cries and groans of those who are recovering from recent operations. This will help them not to despise their bodies or to consider them worthless. Nearly all this torture comes from the constantly entertained opinions that one can indulge in things noxious to life with impunity, or that one's greatest good can be obtained by such indulgence. The all-prevalent ill-health of the civilized nations of modern times is unnatural and unnecessary.

Health and Pleasure.

The happiest life is the healthy life. The idea that you can deliberately and unnecessarily do anything injurious to your body and thereby eventually obtain greater happiness is an awful mistake. One of the most wretched men I ever knew used tobacco in large quantities. He said that he had rather die than stop such use. He further said that his life hardly seemed worth living, and I heartily agreed with him. It may seem to give temporary pleasure in youth to partake of poison, but, remember, mistakes of this kind lead to ever present disease in middle life.

Health and Bread Winning.

Many a head of a family finds himself engaged in an unhealthful occupation and he thinks he must continue such occupation to support his family. He deliberately decides that he must pay blood as well as labor for the daily bread of the dear ones depending on him for a livelihood. We believe that this idea is wrong. We now live in a country of freedom. The families that cannot possibly obtain the necessities of life without sacrificing health are few and far between. Lost health is too dear a price to pay for luxuries. The magazine, *Physical Development*, for August, contains a very instructive account of the experiences of a sickly factory girl breaking away from her city occupation, at which she was compelled to breathe foul air, and going into the country with an aged mother dependent on her for support. Health in rich abundance

was the result of her declaration of independence, and such independence can be obtained by almost every other poor worker in similar slavery. Our factories and stores would become properly ventilated if the employes insisted on working only in healthful places.

Health and the Housewife.

The idea is charmingly prevalent that the attainments of the housewife are earnestly coveted gifts of such value as to justify a subjection of "the laws of health to considerable tension." Mrs. Little, in the *Liberator*, published in Minneapolis, sets forth our views on the subject in a better way than we could express them, so we quote as follows: "Great numbers of women are possessed by the false notion that duty keeps them sick. No more insane idea was ever held. If a wife owes any duty to her husband, a mother to her children, it is to maintain in herself the fine health that makes her their joy and pattern." Emerson says: "All healthy things are sweet-tempered." The painful effort of a sickly woman to rise above her affliction and seem cheerful deceives nobody, and in its effect upon others is as moon rays to sunbeams in comparison with the serene, natural radiance of exquisite health.

Much has been written to women about how to retain the love of their husbands, but the counsel rarely goes deeper than external adornment and external good temper. Both are generally sham, and men continue to be attracted by bright eyes and shapely forms.

But it will be objected, what can a woman do who has her hands so full of household cares that she cannot let them go long enough to take care of her own health? Just this: Learn that she has inverted the true order and that her own health is the foundation stone of all her duty to her home and family. Make that the first consideration. Every woman knows well that a full half of her labors could be dispensed with without causing suffering. Let her sacrifice these for a while and bend her energies toward getting health.

Let her not rest content with a health that can be upset by a draught of air or a bit of temporary hardship in an emergency. Know that nine out of every ten, if not ten out of every ten, ailing women can grow strong and enduring and beautiful with the wholesome beauty and bloom of health, if they only will.

But, remember, the necessary steps to health must be taken in their order, or much time and energy will be wasted. First, determine you will be well, then learn how and then, hardest of all, persistently practice what you learn. Knowing without doing is useless.

But if you prefer to put all your time and thought upon your clothes, your house, your superfluous cookery and the endless list of "duties" that keeps the average woman a dismal drudge, uninspiring and even unsightly, then you deserve no sympathy in your sufferings. You are not a slave of duty, but of a silly vanity that prefers shadow to substance, and the esteem of Mrs. Grundy to the love, admiration and service of husband and children.

In the belief that many, both men and women, need only the assurance that health and vigor are within their reach to make ■ strong effort to acquire them, the Liberator will henceforth make ■ special feature of health teachings.

The services of the right kind of a doctor—one who understands natural methods of cure—are helpful, and more rapid progress can be made under such a personal adviser; but when, for any reason, such services are not available, let each sick and suffering man and woman determine that he will work out his own salvation. Health is the first duty, and health alone gives the power rightly to perform all other duties.

Health and Education.

Of all the foolish notions that are doing great harm to our nation, one of the worst is that ■ fine education is worth more than bodily health. Better be a hodcarrier with ■ healthy body than a university graduate whose nerves cry out with pain during every working moment.

Our institutions of learning are supposed to represent the acme of modern enlightenment in the line of training men and women for usefulness. Whereas, the truth is, the tendency of their influence is to make muscular or intellectual freaks. The minority of students who engage in college athletics attain abnormal development which becomes a curse after graduation, when they have no incentive to keep up so much exercise. The aim of the colleges should be to develop sound minds in sound bodies. In my opinion the University of Minnesota is cracking the whip altogether too hard over the backs of its students. Any one who finds it difficult to learn things rapidly finds it necessary to subject the laws of health to a great deal of tension to keep up with the procession. Most of the students with whom I am personally acquainted are harming their life prospects by attending the university. They burn great quantities of midnight oil in preference to suffering the supposed disgrace of failing to keep up with their class. For my part, I believe that it is just as surely a sin to ruin one's body by overtaxing one's strength in wrestling with the Greek and Latin languages as it is to ruin it by

patronage of the saloon. Some of the most worthless lives I know of are those of men and women with university educations and sickly bodies.

You need a clear eye and a ringing voice, untinged with the note of disease, if you want to move the world, and only as you can move and uplift others is your own life of any value.

Health and Soul Life.

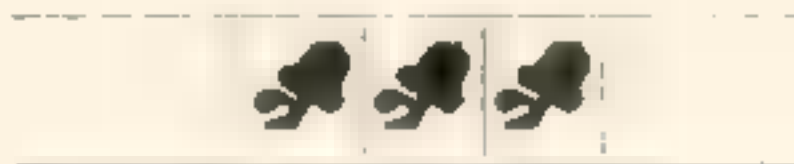
It must be admitted that we possess moral, mental or spiritual lives that are of more value than the physical life, but it seems clear to us that the occasions are very rare when one can be sacrificed for the benefit of the other. Morality and body development go hand in hand. The exercise of the diligence and self-control that is necessary to retain a healthy body is an essential factor in securing the best kind of a moral character. The conception that the body is worthless or that one has a right to knowingly let it suffer for the attainment of other ends, is harmful to good morals. The Aztecs, in mediaeval times, believed that their spiritual life was enhanced by willful injury to the temple of the soul. We now have gotten over this idea, and I hope the time will come when we will all realize the great truth that any neglect of the body is an injury to the soul. We have great respect for the wearers of the cloth. We believe that they are engaged in a grander and nobler profession than even that of the osteopathic physician. But, we are of the opinion that a leader in things spiritual can do twice as much good with a healthy body as he can without one. We have noticed the preachers, whose sermons ennoble the lives of large congregations, are as a rule possessed of physical health.

Strenuous Life.

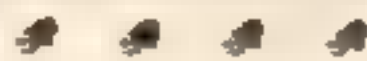
We believe in the strenuous life, but this can be lived only by the man who keeps clear of unhealthy surroundings. The originator of the expression "strenuous life" left the crowded city and hardened his body to the rigors of a western ranch and there strengthened himself for his great life work. He accustomed himself to healthy surroundings. Now, as President of the United States, his tasks are Herculean, and yet he finds time to tire out his associates in their attempt to follow him on his long tramps up and down the Potomac. Rain or snow or storm do not disturb him in the least. A few nights ago he slept in the woods with only a blanket between him and Mother Earth, and the starry heavens were the canopy for his chamber.

Use the strength you have; battle with gales, swim against wave and

tide; let sunshine or rain beat upon the nude skin; wrestle with the forces of nature, and you will have health of body that will enable you to become useful and happy. But such health can never be attained by accustoming yourself to pastry, pie, pork, midnight suppers, tobacco, coffee, alcohol, corsets, foul air, muscular inactivity, fear, worry or drugs.



Some Interesting Cases.



Consumption, Drs. Clark & Clark, Houston, Texas.

Henry Woodhead, Lancashire, England, came for treatment Nov. 22, 1901. The trouble proved to be consumption well advanced into the second stage. The case was of about three years' standing. During that time he had tried various methods of treatment, including the sleeping out of doors treatment; receiving no benefit he turned to osteopathy as a last resort.

Examination revealed the following conditions: Posterior curvature of spine from 1st to 10th dorsal, spine rigid entire length, muscles and ligaments contracted to a marked degree, extreme tenderness all along the spine, ribs all down and close together, chest wall rigid, allowing only three-fourths inch expansion, shoulders stooped, sunken chest. Patient greatly emaciated and distressingly weak. He had been suffering from recurring hemorrhages for eighteen months. To lie on left side or raise either hand above the head would produce hemorrhage. The lungs were wholly congested, giving dull sound throughout; the voice was almost lost, he being able to whisper only with difficulty; his digestion was very poor, being unable to retain food of any kind.

Treatment was given to reduce the curvature, relax spinal tissues, replace ribs and enlarge the chest wall so as to increase expansion. Attention also being given to the digestive organs to promote assimilation of food, making pure blood in order to give the body good material to build upon. Expansion was increased to two and one-half inches.

Throat was treated very thoroughly and carefully, paying special attention to the hyoid bone.

On arising in the morning we had patient take cold sponge baths above waist line; this being followed by certain exercises and deep breathing before an open window.

When patient had become sufficiently strong he was, at each treatment, encouraged to make an effort to chin a horizontal bar provided for the purpose. It was only after repeated attempts that he was able to do this. Before leaving for his home in England he could draw himself up ten times quite comfortably, as he expressed it.

As to results obtained the following from his own pen published in the "Houston Weekly Times" May 24 will be sufficient:

"When I arrived in Houston I could hardly walk without assistance; I could not articulate and had to be washed and dressed like a child.

"At the suggestion of my brother, on November 22nd, I consulted Drs. Clark & Clark, the osteopaths, and placed myself under treatment. I had the consumptive stoop, suffered with indigestion and was generally a sick man. The treatment I received consisted entirely in manipulation of my spine, shoulders and muscles of chest and back. After a few months I began to mend, and you see me now," standing upright, straight as an arrow, shoulders well thrown back, arms muscular and active, the action of a man proud of regained physical vigor.

"Now I can walk two miles or more at a stretch, I no longer use a cane, I eat well with all indigestion gone. Indeed life is now a pleasure to me. I enjoy living, my muscular development has been wonderful. The treatment of Dr. Clark succeeded in bringing my shoulders to their proper place, lifted my ribs, thus giving my lungs proper breathing space and afforded them largely expanded space in which to move and make pure blood. With the blood pure a healthy body will be built up. I return to England with one regret, and that is that I will not be able there to have osteopathic treatment. We are very conservative over there, and it would require an act of parliament before osteopaths could legally practice their profession, and this would be difficult to bring about. In the United States each state has the authority to regulate matters of this character."

"When I reach my native land old friends will think a miracle has been performed, but nothing save what this plain statement sets forth has taken place. The science of osteopathy in the hands of Drs. Clark

& Clark without the use of drugs has accomplished the wonderful change in my physical condition."

We have treated several cases of consumption with equally as good success and feel confident that any cases presenting themselves for treatment before the ulcerative stage can be permanently cured by osteopathic treatment.

Contraction of the Psoas Muscle, Leslie E. Cherry, D. O.

Johnnie B., age seven, came from northern Wisconsin, in the summer of 1900, to enter one of Milwaukee's hospitals for the purpose of undergoing a surgical operation. His condition was serious. The left thigh was flexed on the abdomen, and so severe was his suffering that the mother found it necessary to constantly hold him in her arms. He could neither walk nor stand and in addition there was a visceral disturbance that interfered with the action of the stomach and bowels. He had no appetite and clearly showed the necessity of prompt action.

Upon questioning the mother, I found that the boy had met with an accident six months before. A playmate had pushed him in such a way that he fell on the corner of an icy step, injuring his back. No notice was taken of it at the time, but a little later he began to complain of pain. Conditions steadily grew worse. Local physicians said that an operation was necessary, and though it might save the child's life, he would always be a cripple.

Careful examination revealed a marked lateral curvature in the lumbar region. Morris says, in speaking of the nerve supply of the psoas magnus muscle, that "it is from the anterior primary branches of the second and third lumbar nerves, by filaments which are given off by the lumbar plexus whilst it is passing through the muscle."

My diagnosis was this: The spinal lesion directly caused an impingement upon the primary branches of the second and third lumbar nerves. Because of this impingement the nerve supply to the psoas muscle was irritated and the muscle contracted.

Morris further states, concerning the action of this muscle, that "it is the powerful flexor of the thigh upon the pelvis; that is, in walking, running or going upstairs." The muscle being contracted, the flexing of the thigh was simply a matter of mechanics.

But why the visceral disturbance? Morris says that "from the lumbar ganglia of the lumbar sympathetic cord two or three strong branches proceed which cross obliquely in front of the common iliac arteries. These nerves are joined by offsets from the aortic plexus and interlace in

front of the body of the fifth lumbar vertebra with the corresponding nerves of the opposite side to form a broad flattened band, which is termed the hypogastric plexus." Of the aortic plexus, he says: "It is in the form of two vast networks of nerves, which are massed along the sides of the abdominal aorta and are connected by communicating branches which pass across the front of the great vessel. It is formed mainly by the downward continuation of the solar plexus, but receives strong reinforcements from the three upper lumbar ganglia."

Thus we find that this spinal lesion influences through the lower prevertebral plexuses the solar plexus, which is the center of sympathetic life, and visceral disturbance is a natural result. So that the primary spinal lesion not only interfered with muscular activity, but caused a disturbance of all the vital functions as well.

As to treatment: Since there was a contraction of all the muscles of the spine, a relaxing treatment was given them as well as the psoas muscle. My attention was then directed to the curvature. As a result, after the first treatment, the little fellow stood almost erect. After the third treatment he walked from the office to the street car. Gradually the visceral disturbance subsided and after two months he was entirely well. The spine was normal and there has never been a return of any of the symptoms.

Here is a case where surgery was advised and from the very nature of the lesion would have been disastrous. The operation that the surgeon suggested was to cut some of the fibres of the psoas and weaken the muscle enough to allow the leg to straighten out. What would have been the result? The cause of the trouble, namely the lumbar curvature, would not have been removed and the operation would have proven an irritation. Vaso motor disturbance would have resulted: probably a "psoas abscess," perhaps a tubercular condition and later death. This is no exaggeration of what might have followed. I recall the case of a friend who, years before I ever heard of osteopathy, met with a similar accident, and whose case was about as described above, only that seven operations were resorted to before the end came.

Matthews Building, Milwaukee, Wis.

Throat and Stomach Trouble, Dr. Nellie Schlat.

Married lady, aged 25 years, had been ailing for ten months. Her voice was very hoarse and husky. There was much soreness of the throat, but no cough. Great loss of flesh and strength. Pain in stomach

and right side. Poor appetite. Because so weak she had to give up her housekeeping and boarded for several months and was treated during the time by a throat specialist, but grew worse.

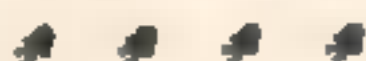
I found the entire pharynx inflamed, styloid ligaments contracted. Tissues in upper dorsal tense and muscular contractions along spine. Spinal ligaments lax and showing malnutrition throughout the system. Muscular lesions in posterior cervical. I gave special treatment to the cervical region, especially to styloid area, also spinal treatment throughout dorsal region. Treatment direct to the stomach and liver. Results: In two and one-half months patient had gained ten pounds; had a good appetite, good digestion, no soreness of throat, slept well, felt well, gained greatly in strength and was doing her own housework.

Intercostal Rheumatism, Drs. Carpenter & Carpenter, Trude Bldg. Chicago.

Mr. T— began treatment December 11th, 1901. Came to office suffering from intercostal pain on right side, had not been able to sleep for a number of nights. Had used drugs internally and externally, but received no relief. Found third, fourth and fifth ribs on right side very close and sensitive to the touch. Spine very stiff and muscles contracted. Gave treatment, spreading the ribs, which relieved the pain. He had some return of the pain, but after about the fifth treatment he received permanent relief. He was greatly pleased with the results and in all has taken nineteen treatments. Took a two-weeks' trip East and had no return of the trouble while away or since his return. Mr. T— had been also suffering from a rheumatic condition of right leg, which was cured at first treatment and has not returned to date.



The Inquiry Department,



Dr. Clifford E. Henry, Minneapolis, M. D., D. O.

This department is conducted for the benefit of the practitioners out in the field. We are the first of the osteopathic journals to institute such a department, and trust the practitioners will feel at liberty to use it for inquiry on any subject osteopathic.

In writing for help on a case, give only the patient's initials, and we will use only your initials in signing the inquiry. In all cases give a full but concise account of the case. We would like to have a report on cases that have come before this department. In referring to a previous case always refer by number.

Address all letters for this department to "Inquiry Department" The Northern Osteopath, Minneapolis, Minn.

Number 8. Dear Doctor Henry: I have two cases upon which I wish your help, as I have not been able to benefit them as much as I would like. On June 19, I was called to the house and found patient to be a man 72 years of age, suffering from severe and frequent eructations of gas. Liver enlarged and quite hard, abdomen bloated, and some fever. From then until June 30, I gave five treatments. At present stomach trouble has almost entirely disappeared. He has been taking one treatment a week since then. He has had articular rheumatism for the last eighteen years. He uses two crutches, the knees and elbows are the joints most affected, can not straighten the left knee and the right one only with great pain, elbows similar. There is considerable crepitation in the joints and the muscles have wasted to some extent.

He complains that the treatments make his joints sore. He has tried the hot springs, etc.

The second case is as follows : Mrs. C., age 26, married eight years, two children, youngest about three. About Christmas had an attack of very severe pains in region of left Fallopian tube. This recurred every two or three weeks for about two months, sometimes on one side, sometimes on the other. Menstruation ceased. April 1 commenced a month's treatment, menstruated about the middle of the month. On local examination found position of uterus about normal. There is a peculiar laceration of the external os; I can insert my index finger in the external

os. On the left side there is ■ small fibroid about the size of hazelnut. No signs of pnergnancy. The lumbar vertebræ are all posterior.

I treated the patient during April and again in June. There has been no return of the menses since April except very little in June, when there was great pain.

C. B. R., D. O.

Michigan.

Answer: The first case is a typical case of articular rheumatism that will easily develop into a case of arthritis deformans.

It is my belief that rheumatism is primarily a nervous derangement. In the great majority of these cases there is a history of constipation and stomach trouble before the rheumatism makes its appearance.

There is a derangement of the nerves governing the digestive organs. This may be reflex from some rectal trouble or some lesion in the dorsal region; at any rate the food is not undergoing the proper chemical change and is not being properly assimilated.

This explains the eructations of gas, etc. Owing to the faulty chemical change of the food the blood is too acid; this, of course, causes a throwing out of solution the uric acid in the blood. The deposit of these sharp crystal and other substances upon the synovial membranes and in the muscles causes an inflammation to develop. The atrophy of the muscles is due to a peripheral neuritis.

In the treatment of this case find the cause of the stomach and intestinal disturbance and get the digestive tract in good condition. Put the patient on as near a vegetable diet as you can and have him drink plenty of good pure water, but not hard or mineral water, avoid all alcohols and malt liquors and any excesses. See that the bowels move every day and keep the urine alkaline or neutral. In some cases where there is very great inflammation and deposit in the joints I have found that the use of dry heat up to temperature of 300 or 400 degrees administered for about half an hour to the joint just before the regular treatment has proven of great benefit.

In the second case make a thorough examination to exclude an ectopic pregnancy. If such a condition is not present you have to deal with one of those peculiar pelvic neuroses found so frequently in women. These are the cases that go from one physician to another and after a few years give a history of several operations. This case should yield to your treatment, and it has, but you must make the patient understand that it will take time to effect a cure, more than one month's treatment.

Get this woman in as quiet and restful a state of mind as you can. Stop all nervous worry. Have her eat good plain nourishing food and be regular in her habits. See that the bowels move every day and that the urine is normal.

This must all be done, as it all has its effect upon the system. The pelvic trouble is probably due to the posterior lumbar vertebræ. Such a condition will bring the pelvic organs in line to receive the abdominal weight the result of such a condition would be to impair the nerve supply of these organs and cause a retardation of the venous blood. This congested condition causes an inflammation and the over supply of blood and lymph is very conducive to tumor formation. Correct the spinal lesion and get the pelvis on the normal tilt and then stimulate the lumbar and sacral regions to tone up the ligaments, etc., and with the other work I believe you will effect a cure. As to the lacerated cervix, if after you have made the other corrections the edges of the laceration are not turned out or irritated I would pay no attention to them.

In some cases, however, the continued inflammation and congestion has caused such a change in the scar that an operation is necessary to relieve the irritation of the peripheral nerves of the cervix.

Number 9. Dear Doctor: The following case I would like to have referred to your inquiry department for help.

Woman, about 60. Had grip some two years ago. Is anemic. Had inflammation of the bowels some time before she had grip and now they are sore and pain her all the time. The abdomen is bloated and tender to the touch. Treatments seem to aggravate the soreness and pain. There are a few lesions in the upper dorsal region and there is a general contraction of all the spinal ligaments and muscles.

C. F. E., D. O.

Mass.

Answer: The lesions in the upper dorsal region are the primary cause of the trouble. There was a faulty nerve supply to the intestinal tract and as a result the food is not being assimilated as it should, causing the anemia. If you will examine carefully I think you will also find an impaction of the bowel. This condition is very frequently found as a sequel of inflammation of the bowels and generally causes a chronic peritonitis to develop.

In the treatment of this case your first effort should be to correct

the spinal lesions, get the liver into activity and procure free evacuations of the bowels.

The best plan would probably be to not treat over the abdomen until the spinal lesions are corrected. An 18 or 20 inch colon tube would be of value to flush out the bowels.

Remember that in many cases of impaction of the bowel there is a diarrhoeal condition.

Put the patient on a diet of very easily digested food and have her drink plenty of good water.

Number 10. I send the following case to your inquiry department and would like to have your assistance.

Mr. T. C., age 30. About nine weeks ago while sitting at the dinner table had a severe headache come on and a feeling as if he were going to vomit. He went out doors and laid down for a while and felt better, but when he tried to get up he found that his entire left side was paralyzed. His health prior to the attack was very good. The bowels moved every day, and the urine always seemed normal.

About three years ago he had a sore appear on his genitals and the inguinal gland enlarged; there was also a slight eruption.

He took some medicine that healed the sore and cured the eruption.

Claims to have not indulged to excess with women or to use alcoholics to an excess.

A few months after the eruption, etc., he had a hard cataract develop in the right eye. The lens is now quite opaque and white. When he walks the left knee does not bend and toe of the left foot drags and turns out.

There is a constant pain in the muscles around the left shoulder. There is no feeling in the fingers; the hand is cold and looks congested, and the grasp is almost lost.

He complains of feeling sleepy all the time.

Upon examination of the spine, I found the 1st to 4th dorsal vertebrae anterior, 5th to 6th dorsal vertebrae posterior and all the lumbar vertebrae posterior.

There is at present sharply defined pustular eruption scattered over the body.

F. McC., D. O.

Minn.

Answer: The lesion in this case of paralysis is central and the cause of the lesion is syphilis. The disease is now in the tertiary or third stage. The paralysis is due to degenerative changes of the nervous system. Mercury and the iodides have been looked upon as the specific remedies for this disease for centuries. Until recently I would have advised that this man be referred to an M. D., but I have had three cases to treat that have caused me to change my mind. The advocates of the injection of the animal extracts into the tissues have secured some wonderful results in the cure of chronic diseases. I have used the thyroid, supra-renal capsules and the Roberts-Hawley goat lymph compound in several cases with good results. The theory in the use of these extracts is to supply to the body certain elements that are lacking in the body. From the use of these extracts I began to argue, why can not the body be made to supply its own cell elements and determined to try to make it do so on the next case I had that had the indications for the use of the animal extracts. As it so happened it was a case of general neurosis due to inherited syphilis. There was absolutely no mistake in the diagnosis because the father of the child admitted that he had contracted the disease just a few months previous to the child's conception.

The advocates of animal extract therapy claim a very large percentage of cures in this class of cases, so I decided to treat this child strictly osteopathically, and direct my efforts to securing an extraordinary building up of the cellular elements of the body. There was a partial paralysis of the arms and legs and the child was not bright as a child of ten should be.

I directed that the child be out in the open air as much as possible and that no attempt be made to force an education.

In the diet I directed that the food be very nourishing, plenty of milk and cream, the use of bone marrow, had eggs quite often, and brains were cooked and made up a portion of the day's rations as frequently as could be, and not be repulsive. The bowels were made to move every day. A treatment was given every day; at first the treatments were simply a general stimulation; later I gave special attention to the stimulation of the nerves supplying the affected areas.

The results of the treatment were very gratifying to both myself and the parents.

In the other two cases there was every indication that the patient had had syphilis, but both denied it, and had let it develop into the

tertiary form. I followed out a course of treatment similar to my first case, and secured good results.

Reasoning from the above cases, I believe the case under discussion could be cured without the use of mercury or the iodides, and would suggest a course of treatment such as I gave for my first case.

I should like very much to have the expression of the members of the profession on this subject. What has been your success in treating syphilis? How do you treat it? This disease is one of the most prevalent of any disease known. Its reactions are farther reaching and more disastrous than smallpox. Its cause has never been discovered, though it is one of the oldest diseases of which there is any record. Chinese records show that it existed 2,000 years before Christ. It is just as prevalent now as then and is treated in much the same way. No M. D. has ever been able to prove why mercury controlled the disease, but he prescribes it empirically.

Three cases are not enough to base a claim upon, but it is enough to prove that results can be obtained.



A Digest of Osteopathic Literature,



Wm. R. Dobbyn, Ph. D., Editor.

Life.

Let me but live my life from year to year,
With forward face and unreluctant soul,
Not hastening to, nor turning from, the goal;
Not mourning for the things that disappear
In the dim past, nor holding back in fear
From what the future veils; but with a whole
And happy heart, that pays its toll
To Youth and Age, and travels on with cheer.

So let the way wind up the hill or down,
Through rough or smooth, the journey will be joy;
Still seeking what I sought when but a boy,
New friendship, high adventure, and a crown,
I shall grow old, but never lose life's zest,
Because the road's last turn will be the best.

—Henry Van Dyke.

An Amiable and Important Concession.

The Medical Brief: The question of diet is the most important problem before the medical profession today. If we knew exactly what kind of diet was best adapted to various pathological conditions, we would have little use for drugs. The whole subject of diet needs to be restudied. Our ideas are too cut and dried. We receive them from the authorities as solid chunks of wisdom, finished and complete in themselves. We christen our patients with the name of a particular disease, and detail to their use the diet prescribed by authority for such a case. It is easier for us, but sometimes not so easy for the patient. Idiosyn-

crasies frequently exist which make the classical diet for a given disease do the individual more harm than good. The special needs of each case should be ascertained practically.

Osteopathic physicians will welcome the dictum of the editor of the Medical Brief that—"If we knew exactly what kind of diet was best adapted to various pathological conditions, we would have little use for drugs." They welcome this statement, because it is a half admission of the uselessness of drugs under any circumstances for dosage purposes. Half truths may sometimes be classified as the "milk of the word," good for those whose mental digestion will not permit of the "full bolt of meal," so nourishing to those of more rugged intellectual habits. We believe man should be the healthiest animal on the globe. He is now the most unhealthy. When the value of pure air, proper food, sunlight, cleanliness of body inside and outside, and a home free from the pollutions of accumulating filth, man will rapidly raise the average length of his life, and while he lives he will have comfort. The taking of drugs to cure is only incidental in the history of mankind. It is destined to pass.

Just as the use of alcohol, absinthe, opium and tobacco is evidence of a weakness inherited or acquired, so the habit of drug taking is evidence of a condition, inherited or induced by local causes, which asks for temporary or artificial stimulation or assuagement. None of them we believe to be necessary; all we think harmful, and the use of all may be much curtailed by well prepared food delightfully served. There always has been, there always will be, a natural antagonism between the well prepared meal and the medicine chest. The osteopathic physician knows this and rejoices. The advocates of drug medication are beginning to find out and acknowledge this cogent fact, and Dr. Lawrence, of the Medical Brief, as evidenced by the above quotation, is leading his halting brethren unto light.—W. R. D.

A Comparison That Illuminates.

Dr. C. M. Turner, Hulett:—What men have thought to be true is often the chief hindrance to apprehension of the truth. Even the light in which known truth is viewed often profoundly affects our interpretation of it. The sum of truth, known and unknown, relating to disease, is approached, logically and chronologically, from three main viewpoints.

The clinical picture:—In the systematic study of disease, the most apparent and superficial characteristics are the symptoms. These first arrest the attention. A complete noting and correct interpreting of all

the symptoms is a necessary preliminary to further investigation. Sixteen hundred years ago Hippocrates made the first critical survey of the field from the point of view of symptoms. He observed and described diseases with great discrimination in such a manner as to mirror the external manifestations presented, the 'clinical picture,' and, considering the limited knowledge of the human body obtaining at that time, with a degree of correctness quite remarkable. Until the middle of the nineteenth century the viewpoint was unchanged. The accumulating knowledge of anatomy, histology, physiology, physiological chemistry, pathology, was valued in proportion as it served to explain and interpret symptoms.

The pathologic picture:—In 1858 Virchow laid the basis for a change in the point of view, in his elaboration of cellular pathology, and since then the attention of medical men has been directed to those abnormal conditions and processes behind the symptoms and of which the latter are but external signs. The pathology has been the objective point in the study of disease, and the lines of light from the whole field have been changed to converge upon and illumine the "pathologic picture" presented. The stimulus of Virchow's work, which made possible a science of pathology, was re-enforced by the discovery of the intimate relation of bacteria to disease, and the resulting investigations have added immensely to our knowledge of the successive changes in the body in the progress of disease from the point of its inception to its termination. A most potent influence for the statement of all phenomena of disease in terms of pathology is found in surgery, which, in its interpretations and in the domain of its operations, is essentially pathological. But on the medical side dissatisfaction has been expressed by a few bold spirits. To quote one of her votaries, "pathology has proven a fickle goddess." The gain in knowledge of disease conditions has been out of all proportion to the gain in ability to cure disease.

The physiologic picture:—Perhaps the nearest approach to the recognition of a new viewpoint is found in the conception which suggested the use as remedies, of gland serums, e. g., the thyroid and the testicle; that normal function requiring the presence of certain chemico-physiological elements, will fail, the result being disease, if one of these elements be deficient. This, in its broader application, together with the clearer appreciation of the fundamental relation of processes of nutrition to organic life, indicates greater attention to the conditions surrounding the first step in the development of disease, and now we

hear occasionally of the "physiologic picture." More than a quarter of a century ago, Dr. Still declared that ability to correct abnormal conditions in the human body must come from a knowledge of the normal that is behind the abnormality, and the correct apprehension of the cause, which, by disturbing the one, produces the other. This is distinctive of osteopathy. We do not primarily combat the symptoms presented. We do not try to bring about the building back into the system, as though they were bricks fallen from a wall, the products of pathologic processes. These are but the signs by which we are enabled, in our study of a case, to reach solid physiological ground, from which, as a result of adjustment of vital conditions, the life forces are liberated by which all foreign elements—useless bricks—are swept away and the organism is repaired from new material manufactured by itself. There is no other process by which the cure of disease is wrought, whatever the means by which it is instituted.

Osteopathy studies disease from the physiologic viewpoint. All the knowledge and all the light from other parts of the field are contributory to the completeness and the clearness of the physiologic picture.

The Dietetic Gazette: The average physician is ready enough to adopt any new theory or "any old thing" in drugs, while too slow to see merit in the resources of hygiene or the potential possibilities of natural remedies. He is alike indifferent to sunshine, hot dry air, hot and cold water or medical electricity. He is as ignorant of the consequences of over-feeding as of the benefits of judicious fasting. He is equally indifferent to the importance of ventilation, the advantages of skilled massage, or the value of suggestive therapeutics. Wise men are few, while the would-be wise are many.

The foregoing statement is from the pen of Dr. E. C. Angell, one of the acknowledged authorities among medical men in America. We quote him to show the trend of things among those who so strenuously oppose osteopathy. While these leaders refuse to acknowledge our system of healing, they are modifying in those directions which lead ultimately to that end. When a medical man ably expatiates upon the "potential possibilities of natural remedies," he is not far from the kingdom osteopathic.—W. R. D.

In this issue we publish a very readable article from the pen of Miss Louisa M. Burns, B. Sc., entitled "Some Essentials of Success." Miss Burns is a member of the faculty of the Pacific School of Osteopathy, and labors in the Department of Anatomy and Histology. She is a felicitous writer and does some original thinking.

From the Field.

♦ ♦ ♦ ♦

List of Associated Colleges.

The list of associated college as now reported is as follows:

Still College of Osteopathy, Des Moines, Iowa.

III. American College of Osteopathic Medicine and Surgery, Chicago,

Atlantic School of Osteopathy, Wilkesbarre, Pa.

Bolles Institute of Osteopathy, Denver, Colorado.

Boston Institute of Osteopathy, Boston, Mass.

California College of Osteopathy, San Francisco, Cal.

Pacific School of Osteopathy, Los Angeles, Cal.

Philadelphia School of Osteopathy, Philadelphia, Pa.

Southern School of Osteopathy, Franklin, Tenn.

Echoes from the National Association.

Dr. Booth's annual address was a scholarly production.

Dr. Young, of St. Paul, stirred up the convention by his bold and earnest plea for the enlarging of the meaning of osteopathy. He was ably seconded in his contention by such authorities as Littlejohn, Pickler, Freeman, Ashmore, Bolles and others. The discussion was a vigorous one and was acknowledged by all to be fraught with much good.

Dr. Ella D. Still not only won the heads of the members of the convention, but their hearts also, by her able address so suavely given.

Col. Shaw, of the Des Moines school, was delighted with the convention and said: "Osteopathy as here represented has a great destiny."

Dr. Forbes, of Still College, and Dr. Hildreth, of the American school, gave a fine intellectual exhibition after the manner of the forensic gladiator. The result was that two different and effectual methods of treating ■ spinal lesion or curvature were thoroughly exploited and all were doubly profited.

Dr. Nettie H. Bolles, of Denver, delivered one of the best written papers at the convention. She showed a graceful intellectual training.

Dr. Hofsess was as thorough as usual in his paper on "Pathology of Certain Cervical and Dorsal Lesions."

Dr. Warren B. Davis was a busy man and as a reward for work performed came pretty nearly being made President of the association.

The report of the Committee on Education was enthusiastically received. This is significant, for it is a document of earnest demands for the elevation of the standards of education in our schools and colleges. That that report could be written and unanimously approved by the convention, augurs better and better days for osteopathy.

Dr. J. Martin Littlejohn added to his reputation as a scholar and thinker by his paper on "The Physiological Basis of the Therapeutic Law." Dr. Littlejohn is a fine specimen of the investigator. Twenty years more of active work for him and posterity will take good account of him.

Dr. C. M. Turner Hulett is an admirable man in a convention. His ability commands respect, and his method helps rather than impedes business. He is not only interesting on the floor, but the carrying out of the program is invariably facilitated by what he says and does.

One thing was omitted by the Program Committee which, on account of its importance to the profession, should have had a fairly prominent place. We refer to the publishing interests of osteopathy. A half hour given for the presentation of the importance of this subject could have been well spent. The publisher and the physician sustain a very close relation to each other in the effort to establish osteopathy in public opinion. That relation is not, in our judgment, properly appreciated by either. Its consideration at our state and national conventions would result in much good.

Dr. Cherry, of Milwaukee, though a very busy man, made himself conspicuously agreeable by his faithful attention to the interests and pleasure of the members of the national association.

Dr. McNary is to be credited with fine discrimination in the manner he supervised the clinics for the association. He had a fine list of cases and promptly responded to the order of the program and the ruling of the convention. It adds much to the value of a program when it is carried out in a business-like manner.

Drs. Ada Achorn and Ellis, of Boston, did admirable work at the association by prompt attendance and active participation in the discussions. They very nicely illustrated the advantage of being public-spirited in professional life. They not only attach importance to their private business, but are zealous over the public interests of osteopathy. And is this not an admirable way of promoting private interests?

Nothing commanded our respect more completely than the unanimous way the association asserted vigorous disapproval of all "fake" schools and practitioners. The vigorous denunciation of that class of impostors still lingers with us, and elevated the whole osteopathic pro-

fession in our estimation. The attitude of the members of that body was such as to give hope that the "fakers in healing" would be driven from the field they were seeking to enter, and that no one not a genuine devotee to his profession would be recognized. All interested in osteopathy should be delighted at this action of the association. It will inspire respect in the public mind and do much to rid the country of the charlatan who puts up a few dollars for a "diploma" and goes out into the world to humbug the people, disgrace the profession and endanger the lives of his victims.

Dr. E. R. Booth, of Cincinnati, is a good representative of the scholar in osteopathy. There is a tone and flavor about what he says and does that is exquisitely manly. We admired his qualities as a presiding officer as well. May the gods send us many more such men.

One of the most attentive and interested physicians at the National Association was Dr. Ora L. Gage, of Oskosh, Wis., who by assiduity in professional toil has built up a large and lucrative practice. She exemplifies what an osteopathic physician may do by a determination to conquer difficulties in the face of deep-rooted prejudice and long entrenched and active opposition.

A Correction.

In the July issue of the Northern and Cosmopolitan Osteopath a paragraph was quoted under the heading "A Manly Appeal" and credited to Dr. Evans, editor of the A. O. A. Journal. This was an error. The item appeared in the above journal, but under the heading "Notes and Comments," written by Dr. C. M. Turner Hulett. Dr. Evans, in calling our attention to this oversight, says that while he heartily approves the sentiments of the above paragraph, that to Dr. Hulett belongs the credit. We are sorry the error occurred, but are pleased to make the correction.

Wisconsin State Association.

The following officers for the Wisconsin Association of Osteopathic Physicians were elected at their annual meeting, August 7th, 1902: President, Dr. J. F. McNary, Milwaukee; vice-president, Dr. Abbie Davis, Ashland; secretary, Dr. E. J. Elton, Kenosha; treasurer, Dr. Eliza Subertson, Appleton; directors, Drs. J. A. Oium, Oshkosh and H. H. West, Portage.

Dr. Hofsess.

Dr. J. W. Hofsess, who has been associated the past four years with the Still College of Osteopathy, Des Moines, in the various capacities of Professor of Theory and Practice of Osteopathy and Symptomatology, and also as Dean of the College and Staff Operator in the Infirmary, has located at Beaver Dam, Wisconsin.

Dr. Hofsess is a graduate of the American School of Osteopathy at Kirksville, Mo., and has also pursued a post-graduate course in the Still College, Des Moines. Previous to studying osteopathy Dr. Hofsess had graduated from the Northern Indiana Normal School at Valparaiso, In-

diana, and had taken special courses in the Normal School and State University of Missouri. He is an earnest worker, thoroughly honest and capable, a hard student and a successful osteopathic physician. The best wishes of the faculty and students go with him to his new field of labor.

We reproduce the following testimonials which were presented in a sketch of Dr. Hofsess while he was still in the practice at Clarinda, just before his entrance upon his collegiate career at Des Moines.

"To whom it may concern: It gives me pleasure through this means to recommend to the public and to my friends, Dr. J. William Hofsess, a graduate of the American School of Osteopathy, of Kirksville, Mo. I have known him personally since he entered that college. It gives me pleasure to say that he was one of the brightest students of his class, and he is one in whose ability, manhood and success I have every confidence. I am truly glad to recommend him, and feel that any community wherein he may chance to locate may feel that they are indeed the gainer by his presence."

Very respectfully yours,

A. G. HILDRETH, D. O.

Kirksville, Mo., August 5, 1898."

"It gives me much pleasure to state that Mr. J. W. Hofsess was, while a student under me in the American School of Osteopathy, careful and painstaking in all his work; conscientious and kind; he passed good examinations in all his classes, and I predict for him a success second to none in the field of osteopathy, for I know that he deserves it. I hope that Dr. Hofsess will have a large practice. It is men like him who make a good name for osteopathy."

WILLIAM SMITH, M. D.

Kirksville, Mo., August, 1898.

We are pleased to add that time has fulfilled the favorable predictions of Doctors Hildreth and Smith.

Another Consolidation.

Dr. Helen de Lendrecie, president of the Northwestern College of Osteopathy, Fargo, N. D., announces the consolidation of that institution with the Dr. S. S. Still College of Osteopathy, Des Moines, Iowa. Mrs. de Lendrecie is one of the most talented osteopathic practitioners in the field, and having ample means she had established a college at her home city, which was one of the best equipped in the country. More than \$10,000 worth of apparatus, manikins, etc., were there gathered together for the purpose of giving a thorough osteopathic education, and the trustees of that institution became convinced that the best policy for the future of osteopathy was to have fewer and stronger colleges of this system of practice, and the result is the consolidation with the greater Still College.

Following six months after the consolidation of the Northern College of Osteopathy of Minneapolis with the Des Moines institution, this new announcement marks very rapid progress on the part of the Still Col-

lege. It had previously finished the course for most of the students of the Columbian College of Osteopathy of Kirksville, Mo., and for the students of the National College of Osteopathy of Kansas City, and now substantially embraces five colleges in one. With every consolidation it has added numbers and strength.

It is a part of the contract with the Northwestern College of Fargo that the Still College of Des Moines will issue certificates of consolidation to all of the graduates of the former school, thus keeping alive and perpetuating their diplomas in the latter institution.

The Northern Osteopath congratulates Dr. de Lendrecie upon this fortunate arrangement whereby their students are sure of the best possible completion of their course, and their graduates of an honorable foster mother.

Iowa.

The Iowa State Board of Medical Examiners during the past month have issued two hundred seventy-two certificates to practice osteopathy in Iowa. The largest number of these were naturally graduates of the Still College, Des Moines, and the next largest number of the American School at Kirksville, with others scattering among three or four other institutions. This is the largest number of osteopaths legally practicing in any state of the Union, and as the Iowa Osteopathic Association has the largest number of members Iowa can very properly claim to be the banner state of the union, osteopathically speaking. It is natural that the institution of that state should conform more fully to the requirements of the law of Iowa than any other. The law makers of the various states are rapidly coming to demand a high standard of osteopathic education, and this is another secret of the prosperity of the Des Moines College.

We congratulate them upon the bright prospect for the future of their institution.

North Dakota.

The following was clipped from the Fargo (N. D.) Forum and Republican, Aug. 19, 1902:

"While Mrs de Lendrecie was in Milwaukee attending the meeting of the American Osteopathic Association, she made the final arrangements whereby the Northwestern College of Osteopathy of this city consolidates with the S. S. Still College of Des Moines, Iowa. The Northern Institute of Minneapolis has also consolidated with the same college, making the S. S. Still college the greatest osteopathic college in the world. Mrs. de Lendrecie is anxious for all those who have entertained the thought of studying in Fargo to write to the S. S. Still College of Osteopathy at Des Moines before making a final choice."

Colorado.

Greeley, Colorado, July 11th, 1902.

Gentlemen:—Through the columns of your excellent journal I de-

sire to express in some degree my feelings regarding the science of osteopathy, and especially regarding the treatments I received from ■ graduate of the Des Moines school, Dr. H. C. Bennett, now located in Greeley. When I went to consult Dr. Bennett I was almost ■ wreck and was seriously considering the necessity of giving up business entirely. I was run down, weak, nervous with poor circulation and weak heart action. I commenced to improve from the first and have gained steadily in spite of business cares and the hot weather.

Michigan.

Dr. Frederick H. Williams, of Lansing, Mich., writes us as follows:

"A little controversy has been going on in Michigan as to whether or not the osteopaths would have equal rights with the regulars when it came to signing death certificates. Some of the regulars have been trying to assume that they were the only people entitled to do this duty. The attorney general of Michigan has given his opinion that the Michigan law gives the osteopaths full authority in these matters.

Minnesota.

The Minnesota State Osteopathic Association will convene at the Windsor Hotel, St. Paul, Friday evening, September 5th, at 7:30 o'clock. Business of importance will be up for consideration. Banquet and the election of officers will occupy the early part of the evening. It is earnestly hoped that the state will be well represented on this occasion. State Fair rates may be had and a double purpose accomplished by coming at that time. A fine program of toasts has been provided.

Georgia.

The following named physicians constitute the officers of the Georgia Osteopathic State Association: Dr. M. C. Hardin, President; Dr. C. W. Muyhugh, of Savannah, Vice-President; Dr. W. M. Harper, of Gainesville, Treasurer; Dr. L. N. Turner, of Savannah, Secretary; Drs. D. H. Breedlove, of Valdosta, J. W. Phelps, of Rome, and S. Bradshaw, of Newman, were appointed on the executive board.

Tennessee.

We are pleased to acknowledge the receipt of the new Osteopathic Directory, published by the American Osteopath Company, Memphis, Tenn. The directory is arranged both alphabetically and according to states. Price, 5 cents per copy.

The new edition of Webster's International Dictionary is a work of rare excellence. The former editions were good, but the supplement adds to its importance until comparison is almost irrelevant. New plates have been used in its production, and the care which has made Webster's Dictionary always a favorite with editors has been exercised in arranging and defining twenty-five thousand additional words and phrases. The completeness of the work can not be understood until thorough investigation of it has been made. As a ready reference dictionary it has no rival.

College Notes.



Dr. Blanche I. Thorburn spent a couple of days at Still College, Des Moines, at the opening of the fall term, receiving a hearty greeting from faculty and students.

Dr. Walter S. Maddux of Cumberland, Iowa, made the Still College a pleasant visit in the early part of September. The Drs. Maddux are enjoying a fine practice at Cumberland.

It will be a gratifying bit of news to all of the graduates of the S. C. O. and personal friends of Dr. Edythe Ashmore of Detroit, Mich., that she was elected a trustee of the American Osteopathic Association at Milwaukee and has been appointed, along with Dr. Hazzard and Dr. Link, a member of the publication committee to have direct charge of the official journal of the A. O. A.

S. W. Bailey, D. O., a graduate of Still College, Des Moines, who has a large business at Coshocton, Ohio, has taken a suite of rooms in the "Pille" Block. This does not signify, however, that he has become a "pille" doctor, but is a practitioner of osteopathy, pure and simple. Having an opening in another city that has local interests for him, he is desirous of disposing of his practice.

During the month of September Still College, at Des Moines, Ia., will be receiving its new fall class of students, as well as reassembling the advanced students. The college opens on the first day of September, but under the rules of the institution matriculations may be made at any time during the month. Of course, it is highly desirable that students should start as nearly at the beginning of the term as possible in order to catch step with the class, but many are delayed by unavoidable obstacles and those will be entering up to the very end of the month. The present indications are that this will be the largest class in the history of the college, as indeed each September class has been larger than the one before, from its foundation.

The Northern Osteopath received a letter from Secretary Shaw, dater Sept. 2nd, saying that already some seventy-five new students had arrived and were getting themselves settled in rooms preparatory to work. This is the largest matriculation at so early a date, and together with their large and promising correspondence forms the basis for the estimate given. It is only natural that this should be true, for the fortunate location of Still College in the greatest city of the state of Iowa, together with the very strongest personality of the faculty and the favorable laws of the state, all contribute toward the permanent elevation of that institution.

The new catalogue of the college is a very attractive illustrated book and the secretary writes us that they will be glad to send it to every interested applicant.

During the summer Still College has conducted a very interesting and profitable post-graduate course for fifteen or twenty practitioners, who have graduated at some one of the various schools, and all of them are enthusiastic for the advanced instruction they have received. Two of them were from Minnesota and from the vicinity of Minneapolis, while others came from as far as Boston, Indiana, Ohio and other distant states. The managers say they feel that it is a significant fact that no graduate of Still College has ever found it desirable to go to any other osteopathic college for post-graduate work.

Opinions from Still College Alumni.

"Never have I received any communication bearing the Des Moines postmark without feeling in perfect sympathy and accord with wise King Solomon, when he wrote Proverbs XXV.—25." "As cold water to a thirsty soul, so is good news from a far country."

"Your letter received. I thank you for the interest taken and for the booklet. I think more of osteopathy than ever before."

"This lengthy account is made from a desire that you should know how I stand in regard to osteopathy and the very kindly feeling I have contracted for the S. S. Still College."

"The announcement of the consolidation with the Northern College came when I was very ill and I have regretted that my congratulations and good wishes were not among the number first received by the Dr. S. S. Still College, for they are very sincere."

"Am planning to finish up my work here so as to reach Des Moines about Sept. 1st, that I might get settled and ready for the opening of the fall term. There will be my wife and myself and my wife's sister."

"I am ready to plunge into studying if you, on your side, are willing to give me a little lee-way." (The lee-way asked for was the privilege of taking an extra term to complete the course at same price, which is cheerfully granted.)

"I am glad to hear of the place osteopathy is taking in Iowa and other states. The friends here are quite enthusiastic."

"Many thanks for your (may I say our?) inter-term booklet, with the beautiful "Glimpses of Des Moines" enclosed. Please believe that my heart is always with you in every step the college takes and each gain in recognition of the science."

The bull-dog tenacity of every one at the head of the S. C. O. without the slightest doubt in my mind, will result in the S. C. O. being the largest, grandest (it is already the best) osteopathic institute in the country.

"I thank you most heartily for your kind letter and wish to state that you have selected the best time in the career of a D. O., in which to send your cheerful letter. It is certainly a cardio-accelerator."

"Your letter to the Alumni has been read with pleasure. It brought back the old school days in the S. C. O. with great vividness and made me wish to be with you, but the battle is on in earnest now and I, with a large number of others 'out in the field,' are in the midst of it. Such letters as you are sending out cheer one greatly and make him feel as though he was not forgotten. Do it again!"

"I feel very grateful to you for your greetings and the letter so full of good cheer. It has inspired me to higher ideas and motives."

To Prospective Students and Readers.

In January, 1902, the stockholders conveyed the Northern College of Osteopathy and Surgery of Minneapolis, its name and good-will and the "individual good-will" of its stockholders for a valuable consideration to the Still College of Osteopathy of Des Moines. Its entire equipment was shipped to Des Moines and the college building in Minneapolis was given up. Its roll of students as well as its good-will were also transferred to the Still College, and the Northern College of Osteopathy, which was once the pride of the osteopaths of the northwest, has now no identity.

However, a number of circular letters have been sent out to prospective students of the Still College soliciting or advising them not to go to that school. All these letters that have been received are signed "E. J. Freeman," who prior to the merger of the Northern College was a teacher in, and dean of the faculty of, that institution as shown by their letter heads. He was also one of the stockholders who sold their good-will. The Still College, therefore, claims that from a legal and moral standpoint no one has a right to use the name of the Northern College, or its letterheads, for any purpose whatsoever without their authority which they have never given.

The Still College naturally think that they are seriously imposed upon, and request, through the columns of this magazine, all persons receiving letters of the above description to kindly forward them to the undersigned.

STILL COLLEGE OF OSTEOPATHY.

Des Moines, Iowa.

Personals

Dr. J. E. Stuart is in Butte, Mont.

Dr. Myra E. Sperry has gone to Salem, Ore.

Dr. Helen Graves has settled in Pomona, Cal.

Dr. John R. Foley will engage in the practice of osteopathy in Detroit, Mich.

Dr. Kelley has offices with Drs. Huntington & Young in the Germania Bank Building, St. Paul.

Dr. W. B. Miller, Centerville, Iowa, is enjoying a very nice practice. The doctor has an elegant office.

Dr. Florence A. Patterson, Winona, Minn., has won a good name for herself and osteopathy in her city.

Dr. Ida DeLancy Webb, Atlantic City, N. J., is now located for practice at 23 South Delaware avenue.

Dr. Teresa D. Caldwell is practicing in the Capital City (Des Moines) and is enjoying a good practice.

Dr. Novinger, of Trenton, N. J., spent a week visiting New York friends on his way back from Milwaukee.

"Sparkling Edythe Ashmore" was the felicitous phrase used by one of the genial doctor's admirers at Milwaukee.

Dr. Pickler, of Minneapolis, is a ready and witty speaker. He was paid great deference at the National Association.

Dr. E. E. Schwartz, of Coldwater, Mich., one of the graduates of the Northern, visited at the Still College July 29th.

Grace Jeannette Benefiel arrived at the home of Drs. A. H. and Carrie Benefiel, Lake City, Iowa, August 14th, 1902.

Dr. and Mrs. Tasker and Dr. Olive Clarke, of the Pacific School, are spending a part of the vacation at Guernsville, Cal.

Dr. Chappell, of Vinton, Ia., in company with his sister, made the Still College, Des Moines, a pleasant call August 9th.

Dr. Harry Still and Secretary Warren Hamilton, of the A. S. O., honored Still College, Des Moines, with a pleasant call July 31st.

Dr. J. F. Minear, formerly of Iowa City, recently of Fort Scott, Kan., has returned to his first love (Iowa) and is now located at Council Bluffs.

E. Clyde Beal, D. O., has removed from Mansfield, Ohio, to Albany, Oregon. The Cosmopolitan and Northern will follow him to his new location.

Drs. Dysart and Dysart, of Mason City, Iowa, made the Still College a pleasant visit recently. The Drs. Dysart are enjoying a fine practice.

Among the recent visitors to Still College was Dr. Bledsoe, of Madrid, Iowa. Dr. Bledsoe was also in attendance at the recent state association.

Drs. Guy M. Smith and J. N. Walker, Burlington, Iowa, have dissolved partnership by mutual consent, the former being succeeded by Dr. Ida Walker.

Dr. Hattie M. Doolittle, of Pomona, is visiting friends in several of the Central states this summer. Dr. Minnie Iland is caring for Dr. Doolittle's practice.

Drs. Byrkit and Byrkit, of Boston, have taken new offices at 755 Boylston street, where they will be glad to meet their present and prospective patients.

Dr. Carrie Miller, one of the graduates of Still College, called at the college recently on her way home for a short vacation. Dr. Miller is located at Forest City, Iowa.

Dr. G. L. Huntington, of St. Paul, is back from the Northwest and will be present at the state association, of which he is president and which meets the 5th of September.

Dr. Wm. A. Settle, of the June class, 1902 (S. C. O.), who has been enjoying a few weeks' rest and visit at his home in Kansas City, made the college a pleasant visit recently.

Drs. H. D. Trask and R. C. Wallace, both of the S. C. O., have located at Batavia, N. Y., No. 6 Bank street. We wish them abundant success, of which they are both deserving.

Dr. John W. Baird, of Battle Creek, Mich., made a pleasant call at Still College during the recent vacation. Dr. Baird is a pleasant gentleman and has a large business in that city.

Dr. W. R. Pike, who went to California, has located at Sierra Madre, where he proposes to erect a sanitarium. In fact, he has already started and has all that he can accommodate.

Dr. Charles C. Reed, of Worcester, Mass., considers it a rare privilege to attend an association when such men as Littlejohn, Still, Hulett and Booth compare notes and elaborate opinions.

The arrival of a bouncing boy is announced at the home of Mr. and Mrs. H. R. Bell, Sac City, Iowa, August 1st. Mr. Bell and Mrs. are members of the January class, 1903, S. C. O.

Dr. R. C. Wallace, of the June class at Still College, made a brief visit at that institution. He was on his way to Utica, N. Y., where he expects to enter the practice of his profession.

Dr. W. H. Eckley, of St. Paul, has opened offices in the Germania Bank Building, and very nice offices they are. The doctor has a good practice as a result of devotion to his profession.

Dr. Louis A. Liffing, Toledo, has recently published some of his best thoughts on osteopathy. An edition of five thousand shows his aggressiveness and his faith in the new system of healing.

A brief letter from Dr. Alden H. Potter, of San Francisco, indicates the cheerful tone of his mind. The prospects of the California College of Osteopathy are good, and why should he not be happy.

Dr. Charles A. Keating, of Marshalltown, Iowa, has returned to Des Moines to engage in the practice of osteopathy. Dr. Keating is an energetic, hard-working man and will no doubt meet with success.

Dr. C. W. Young, of St. Paul, considers it to the advantage of every physician to be a member of the National Association. He has become one of the most enthusiastic advocates of the national gathering.

Dr. Edward Oelrich, who contributed a very able article to our magazine for August, finds that his new office home, in Elliot Square, Buffalo, brings him many new patients. We congratulate him.

Osteopathy in Utah is very ably represented by Drs. McDowell and Carpenter, who have maintained an aggressive attitude in its behalf from the beginning of their residence in the beautiful city of Salt Lake.

Dr. C. H. Phinney, of Los Angeles, Cal., created a favorable impression among his peers at the National Association and he was honored by being elected to a position upon the board of trustees.

Dr. Louise Feagles, of the Northern College, has decided to locate in Minneapolis. She has taken offices with Dr. Louisa Hays, one of her former professors. We predict for Dr. Feagles a very successful career.

Dr. W. F. Link, of Knoxville, Tenn., was one of the busiest men at the last National Association. He has at one time been a journalist, which may account for the facility he displays in the discharge of duty.

Dr. A. C. Brown, Jr., of Council Bluffs, Iowa, returned the first of August from a month's vacation in the East. Dr. Brown and Charlotte L. Denman are associated in the practice of osteopathy at Council Bluffs.

Dr. E. M. Downing, of York, Pa., sends kindly greetings to the Consolidated Magazine. Dr. Downing is a successful osteopath and an able contributor. We are always pleased to have contributions from his pen.

Dr. S. W. Heath has opened a nice office at Marshall, Minn., and is well pleased with his location. Business is opening up well. The doctor thinks it is the prettiest town he has seen in the Northwest; population 2,500.

Dr. Clara T. Gerrish, of Minneapolis, after a month's outing, during which she visited the National Association, Chicago and a number of the lake resorts, has returned and will be in her office the first of September.

Dr. Ernest E. Conway, Oskaloosa, Iowa, was shaking hands with friends at Still College a few days ago. Dr. Conway is a rustler in his professional work, as well as in athletics. He is meeting with excellent success in his practice.

"The only lady osteopath in Portland" is the way that Dr. Gertrude L. Gates is pleased to make her announcement to the public as she gives them a cordial invitation to visit her office, 406 Macleary Building, for consultation or treatment.

Drs. Jas. A. Ross, W. G. Classen and Colonel and Mrs. Quick are spending the summer in Colorado Springs. They have enjoyed a large practice during the summer, having had as many as thirty regular patients at one time.

Dr. Herron, whose forthcoming book on "Physiognomy and Facial Massage," was announced in our June number, says: "If the people do not stop writing me about that book I'll not get time to finish it. My desk is full of letters of inquiry."

Dr. Sarah F. Pugh, who remained in Des Moines with her sister a short time after graduation, has returned to her home at Deer Ridge, Mo. Her health is much improved and she is enjoying a nice practice at home. She has not decided as yet upon a permanent location.

Dr. E. M. Downing, York, Pa., is delightfully engaged, when not occupied with his large and growing practice, in getting settled in a new home. He very worthily represents osteopathy in that portion of the great state of Pennsylvania.

Drs. Elbert and Rosa Storer, graduates of the Still College, have succeeded to the practice of Dr. Ben Smyth at Webster City, Iowa. They are worthy successors and strong practitioners. Dr. and Mrs. Smyth have started on an extended visit to Illinois with a view to location.

Drs. Stern & Eckley, who have built up a fine practice in St. Paul, have decided to dissolve partnership, Dr. Stern keeping the old offices. Dr. Eckley will continue practice in St. Paul. These gentlemen have won

Dr. Young has undertaken to make all arrangements for the forthcoming banquet of the Minnesota State Osteopathic Association, and it is to be hoped that every osteopath will render him all the aid possible. The banquet will be given at the Windsor Hotel, St. Paul.

We have the pleasant information that Dr. Elizabeth Parke Crowder, of Fairfield, Iowa, was married on August 10th to Mr. William A. Saddon. Dr. Crowder will therefore retire from the practice and become a homemaker for her husband.

Dr. W. N. Hartupée and Dr. Roberta Wimer, assistant, announce their removal on August 1st from 703-705 Observatory Building to 315-316-317 Citizens' National Bank Building, Sixth and Walnut streets, Des Moines.

Dr. W. O. Floury, of the Northern College, 1902, has decided to locate in Minneapolis, and has very pleasant offices at 3234 Pleasant avenue. His location is in the lake district, where many of the finest homes are, and no doubt he will make an impression on that part of the city.

Dr. Sarah E. Spicer, who graduated from the Northern last January and who promptly settled in Minneapolis, as promptly joined the National Association. She was delighted with her trip to Milwaukee and thinks her time and money well spent in attending the Association.

Dr. C. Becker, of Faribault, the most beautiful little city in Minnesota, took a post-graduate course in gynecology, dissection, manipulation, X-ray and minor surgery at the S. C. O. this summer. Dr. Becker shows commendable zeal in making the best possible preparations for her professional duties.

Dr. G. M. Stern now occupies the offices formerly occupied by himself and Dr. Eckley, Baltimore Block, St. Paul, these gentlemen having dissolved partnership by mutual consent. His fine office equipment, skillfully managed as it is, has attracted and won the confidence of many people, who now constitute his clientele.

Dr. Walter Guthridge of the February class 1902 at Still College, Des Moines, has sold his practice at Woodbine, Iowa, to Dr. Theodosia McDonald of the June, 1902, class. Dr. Guthridge has removed to Corning, N. Y. Both of these graduates are sure of success, being well grounded in osteopathy.

Dr. J. Martin Littlejohn, the great scholar and writer, is now preparing a booklet on osteopathy, with the avowed purpose of furnishing a handbook for physicians, which at the same time will prove a strong document to place in the hands of those just awakening to the importance of osteopathy. Wm. R. Dobbyn & Sons are his publishers.

laurels both for themselves and osteopathy and we are glad they are to remain in Minnesota.

The publishers of The Northern Osteopath enjoyed a very pleasant call from Mrs. W. L. Riggs, wife of the late lamented Dr. Riggs. Mrs. Riggs was accompanied by her mother and sister, who returned to Missouri after a short sojourn in Minneapolis, while Mrs. Riggs went to North Dakota, where she will visit relatives for a few weeks.

Drs. Emma S. Cooper and Floyd P. St. Clair have opened offices in Kansas City, Mo., and have already established a good practice. Dr. Cooper was one of the leading Y. W. C. A. workers in the college, being president for one year of that organization, and Dr. St. Clair a leader in all athletic sports. They were both excellent students and will succeed anywhere.

Dr. Susan S. Bottenfield called at the Still College, Des. Moines, recently. She and her husband are opening an office for the practice of osteopathy at Mankato, Minn. Dr. and Mrs. Bottenfield were for thirteen years professors in Drake University, when they were associated with Dr. W. P. Macy and wife, now also graduates of Still College, in the pioneer work of the university.

Perhaps none of our osteopathic physicians are to be more highly complimented for the success attained than Drs. Moellering & Moellering of St. Paul. They have built up a comparatively large practice in a few months, not from among the patients of other osteopathic physicians, but from among those who have not heretofore accepted osteopathy as a system of healing.

Mrs. Jordan, wife of Dr. Elmer D. Jordan, who has located at Green Bay, Wis., made the Still College a very pleasant visit recently on her way from Indianola, their former home, to Green Bay, where she will join her husband. Dr. Jordan is meeting with success in his practice at Green Bay, but not more than he deserves, as he was a thorough student and one in every way qualified for the work.

Dr. Laura M. Locke, of El Reno, Oklahoma, writes: "I have a pleasant location here and business is starting in nicely. If it keeps up as it has begun, will soon have all I can do." We have no hesitancy in predicting for Dr. Locke a successful and lucrative practice. She was a star student and will no doubt make an enviable record in the field.

The Clarinda Herald has this to say of one of our physicians: Dr. C. H. Collier was called to the insane hospital at Yankton, South Dakota, to examine a patient whose insanity is believed to be due to a spinal injury. Dr. Collier's ability is well known throughout South Dakota. His acute sense of touch gives to him a preference. Let the luxation be ever so slight he will find it. The doctor well deserves his reputation as an osteopath. He will return to Clarinda in a few days.

THE NORTHERN OSTEOPATH

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PUBLISHERS' NOTICE.

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All letters pertaining to the Literary departments should be addressed to the editor-in-chief, Dr. J. A. Still, 1422 Locust Street, Des Moines, Iowa.

All letters pertaining to the Health Department should be addressed to Dr. C. W. Young, Ph. B., D. O., Germania Bank Building, St. Paul, Minnesota.

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Autumnal Announcement.

The Northern and Cosmopolitan Osteopath.

The rapid growth in circulation and influence of The Northern Osteopath has been accelerated by the consolidation of the Cosmopolitan with it, and has made it necessary to provide for a more varied and extensive monthly menu for readers both new and old.

We have been encouraged by the generous contributions to our columns from some of the ablest writers in the Profession, and we are pleased to be able to announce the names of others, leading men and women, who will enrich the columns of our magazine with their contributions during the next twelve months. The following list of the names of those who have been engaged to write for The Northern Osteopath will add lustre to an already distinguished company. Others of the same high class will be added and announced from time to time.

DR. J. MARTIN LITTLEJOHN

DR. L. O. THOMPSON

DR. E. R. BOOTH

DR. CLARA T. GERRISH

DR. EDYTHE ASHMORE

DR. N. ALDEN BOLLES

DR. DAIN L. TASKER

DR. WM. J. HAYDEN

DR. J. R. BAILEY

DR. CHAS. C. TEALL

DR. CHAS. C. HAZZARD

DR. A. G. HILDRETH

These well known writers, together with our splendid editorial staff, will certainly be considered a guarantee of the value of our pages for the forthcoming issues of the current and succeeding volume.

Our Departments.

The Northern Osteopath is the largest osteopathic magazine in the world, and has the greatest number of special departments. Notice the following:

Contributions.

The ablest writers are engaged. This is an arena for the expression of opinion and the exploiting of theories touching the great system of healing known as Osteopathy.

The Editor's Own.

Terse, calm and courageously written opinions upon current importance to Osteopathy and its organized efforts.

Health Department.

Ablely conducted by an enthusiastic osteopathic physician and physical culturist.

Some Interesting Cases.

Only Important and Specifically reported cases admitted.

The Inquiry Department.

Conducted for the purpose of concentrating the wisdom and experience of the Profession upon stubborn cases.

A Digest of Osteopathic Literature.

The best in all the magazines and books for the current month.

From the Field.

The news of Osteopathy.

College Notes.

The current history of our Educational Institutions.

Personal Department.

This Department is written to keep the members of the Profession in touch with each other.

This array of talent and this variety in contents has never heretofore been offered by any magazine of Osteopathy.

We most cordially invite any osteopathic physician who has a worthy word for publication, an important case that should, in the interests of Osteopathy, be reported, or an item of an interesting personal character, to let himself be heard. Our columns will welcome all.

Very respectfully,

Wm. R. Dobbyn & Sons,

Minneapolis, Minn.

September, 1902.

THE NORTHERN OSTEOPATH.

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